

THE
QUEEN'S Royal
COOKERY:
OR,

Expert and ready Way for the Dressing
of all Sorts of Flesh, Fowl, Fish: Either
Bak'd, Boil'd, Roasted, Stew'd, Fry'd
Broil'd, Hash'd, Fricasie'd, Carbonaded,
Forc'd, Collar'd, Sous'd, Dry'd, &c. After
the Best and Newest Way. With their
several Sauces and Salads.

And making all sorts of PICKLES.

ALSO

Making Variety of Pies, Pasties, Tarts,
Cheese Cakes, Custards, Creams, &c.

WITH

The ART of Preserving and Candying of
Fruits and Flowers; and the making of
Conserve, Syrups, Jellies, and Cordial
Waters. Also making several Sorts of English
Wines, Syder, Mead, Metheglin.

TOGETHER,

With several Cosmetick or Beautifying
Waters: And also several sorts of Essences and
Sweet Waters, by Persons of the high st Quality.

By T. Hall, Free Cook of London.

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SEPTEMBER 20, 1926

THE P R E F A C E.

READER,

A P R E F A C E might indeed seem unnecessary to recommend this small, but useful Treatise, to the World, since the Title were sufficient to do that of it's self. But in regard it has a singular Advantage over most Books of this kind, we think fit to say something in it's behalf. First, it is not stuff'd with superfluous Trifles, as most of it's Nature are; or with old and antiquated Receipts; but with Things wholly new and useful, which are daily the Practice of every Nobleman's and Gentleman's Kitchen, as well as Taverns, Eating-Houses, and other Places; and is even instructive to Servants, in dressing the least Joint of Meat: And not only the Receipts are New and Usefull, but the Expressing of them is so easie and instructive, that those who have read it, may go as readily about the Thing, as tho' they had actually seen it done before their Eyes, which has so much been wanting in some other Books of this kind, that for want of Time, Quantity, &c. being duely and plainly express'd, have prov'd of little Service to the Reader.

The P R E F A C E.

This will not only be serviceable to such who are Learning; but likewise to Those who are already experienc'd in the ART of Cookery; for since Variety is the best Grace of a Feast, or the best way to please the most delicate Palates, they cannot be so very perfect in any Thing, but that they will here find a different and pretty kind of Variety, to adorn several Dishes.

Likewise Preserving, Conseruing, Candyng, making Syrups, Jellies, and all sorts of English-Wines, Beautifying-Waters, Pomatums, Essences, and other rich Secrets, are wholly Modern, and now in the greatest Use among People of the highest Quality. Nor this alone, but this Book, before it was recommended to them, has had the Approbation of some of the Nicest, and most Curious Cooks that are extant.

All which together, we may venture to say, has made it both the most intelligible and usefull Book of its kind that was ever Printed: And the Benefits and Experience the Buyers will reap by it, will undoubtedly equal any Thing that can be said of it. To whose Perusal it is humbly recommended by their

Servant, &c.

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THE
QUEEN'S Royal
COOKERY:

To make a Shoulder of Mutton like Venison.

SA V E the Blood of your Sheep, and strain it; take grated Bread, almost the Quantity of a penny Loaf, Pepper, Thyme chopt small; mingle these Ingredients with a little of the Blood, and stuff the Mutton; then wrap up your Shoulder in the Cawl of your Mutton, and lay it in the Blood twenty four Hours: prick the Shoulder with your Knife, to let the Blood into the Flesh; and so serve it with Venison Sauce.

To Stew Beef the French Way.

Take good fat Beef, slice it very thin into small Pieces, and beat it well with the back of a Chopping knife, and cover it with Wine and Water, and season it with Spice

and Salt, and put to it a handful of good Herbs, and a Onion with Anchovies ; let it boil two Hours ; a little before you take it up, put in a few Marigold-flowers, and serve it up on Sippets.

The best Way to make Beef alamode, which is exceeding good Meat.

Take of the Fillet of Beef and the lean of Pork, shred them together and season it ; then take Bacon and cut it into big Lardons, rowl them in Pepper and Salt, and lay them between the Meat in the Stew-pan, and let it stew easily in its own Broth, and it will be exceeding short and tender, and will taste like Venison ; You may also make an excellent Pye or Pasty of this, putting some Butter upon it.

To Collar Beef the best Way.

Take a piece of the thin Flank of Beef, let it be cut broder by two Inches at the thin end than at the thick end ; take off the inward and the outward Skins ; and if it be a large piece of Beef, then take six Ounces of Salt-Peter, and beat it fine, and a Quart of Peter's Salt, and a Quart of Bay-Salt, and beat it very fine, and rub on the Salt-Peter first, and then the Peter-Salt, and then the Bay-salt, and let it lie in Salt a Night.

Night and two Days, then take half an Ounce of Nutmegs, half an Ounce of Mace, one Ounce of Pepper and a few Cloves, and beat them all, but not too fine, then wash the Beef in a Pale of Pump-water very clean, and dry it in a course Cloath, then season it with your Spice all over, and roll it up hard, and bind it up close with broad Tape, and put it in a deep Earthen-pot, and put to it a quart of Claret, and a pound of Butter, and tie it over with double Paper, or cover it over with course Paffe, and bake it with Household Bread; and when it is bak'd, take it out of the Pot, and roul it up in a Course Towel, and tie it at both ends and hang it up to drain till it is cold; then wrap it up in white Pepper, and keep it in a dry place, but not near the Fire, to keep it for use.

Or thus for Change.

Some times take a handful of Sage, and a handful of Parsley, a bunch of sweet Herbs, wash them clean and shread them, and mix them with the Spice, and season your Beef, and roul it up and bake is as before said.

To dry Beef after the Dutch fashion.

Take the best part of the Buttock of a fat Ox, cut it into what shape you please,

and take a quart of Peter salt, and as much good Bay salt as will salt it very well, which you must do, and let it stand in a cool Cellar ten Days in the Salt, in which time you must look upon it and turn it, and rub the Salt upon it; then take it out of the Salt, and hang it in a Chimny where a wood fire is kept, for a Month, in which it will be dry: You may keep it all the Year, but when you would eat any of it you must boil it tender, and when it is cold slice it out into thin Shivers, as thin as you can, and eat it with sweet Butter; and if you please a Salad.

To Collar Eels.

Take off the Skin, then slit the Eel down the Back, take out the Bone and Garbidge, then take Sage and Parsley shred small and mixed with Pepper, and a good quantity of Salt, season them very well, then collar them up, and boil them half an hour in Water and White-wine, and above half a pint of Vinegar; put in some Salt, whole Pepper, a blade of Mace, and a faggot of sweet Herbs; when they are boil'd hang them up till they are dropped dry, and when the Liquor is cold, put them into it and keep them for your use.

To make Collar'd Neats-feet to eat like Brawn.

Boil the Neats-feet, and order them as at other times; take also a piece of Pork that is of the Flank and boil it indifferently, then pick all the Meat off from the Neats-feet, and roul up the piece of Pork like a Collar of Brawn, then take a strong Linen Cloath, and some large Tape: You must take off the Skin from the Pork, and having put the Pork into the Cloath, with the Meat of the Neats feet about it, roul it up hard in the Cloath and bind it up with Tape, and boil it again till you think a straw will run through it; then take it and hang it up in the Cloath till it is quite cold, then put it in a souping Liquor, and use it at your pleasure.

To Collar a Pigg.

Take a good fat Pigg of a Month or five Weeks old, and kill him and dress him fit to roast, then cut off the Head, and slit him down the Back and bone him; then take a handful of Sage, and chop it small, and two Nutmegs, and a little Mace, and a few Cloves, and beat them very fine, and a good handful of Salt; mix all these together, and season the Pigg all over with it, and roul it up hard, and tie it about with Tape, and

sow it up in a clean Linen Cloath, and boil it in Water with a little Oat-meal in it, well seasoned with Salt, till it is very tender; when it is boiled, take it and hang it up in the Cloaths that it was boiled in till it is quite cold, then take some Water and put to it some Oat meal, as if it was to make a thin Water-grewel, season it well with Salt, and put in a pint of White-wine, and half a spoonful of whole Pepper: Boil it altogether half an hour, then set it by till it is cold, and then take off the Cloaths, and put in the Pigg, and let it be eight Days in the Soufing; then use it as you please, it must be eaten with Mustard and Sage, or with Vinegar.

To boil a Leg of Veal and Bacon.

Lard your Leg of Veal with Bacon all over, and a little Lemon-peel amongst it, then boil it with a piece of middle Bacon; when your Bacon is boiled, cut it in slices, season it with Pepper and dry'd Sage mix'd together; dish up your Veal with the Bacon round about it, send up with it green use, strow over it Parsley and Barberries

To make your Green Sauce two ways.

1. Take a handful or two of Sorrel, beat it in a Mortar with two Pippins pared and quar-

quarter'd, add thereto a little Vinegar and Sugar; this is your Green Sause to send in Saufers.

2. Take two handfuls of Sorrel, beat it well in a Mortar, squeeze out the Juice of it, put thereto a little Vinegar, Sugar, drawn Butter, and a grated Nutmeg; set it on the Coals until it be hot, and pour it into your Dish on your Sippets, so dish up your Veal and Bacon.

*To make an excellent and savoury Frigacy
of Chickens.*

Cut your Chickens in small pieces and fry them first in Butter, then pour thereunto some hot Broth, or boiling hot Water; put therein an Onion quartered if you like it, and a little Thyme and Parsley tied up in a bundle, and some whole white Peppercorns, with a sufficient quantity of Salt, and some lean Bacon to give it a savoury taste, and a few Cloves; let it stew easily for a quarter of an hour, then take out the bundle of Thyme and Parsley, and put into it some shred Parsley and some Yolks of Eggs, beaten with a little of the Broth, and some Verjuice or White-wine and Vinegar; keep it in Motion till the Sause be thickned, then serve it up; you must order your Sause so that it be but short and thick.

Note,

Note, That if you stew your Chickens too long, they will be tough; but if you observe the time, they will eat exceeding short and tender.

To make a Frigacy of Rabbits.

A Frigacy of sucking or young Rabbits is made in the same manner, cutting the Rabbits in small pieces, smaller than for stewing the ordinary way: You must order the quantity of Eggs according to the quantity of your Meat, more or less.

To make Marrow Puddings.

Take a pound of *Jordan* or *Valentia* Almonds, or any sweet Almonds, and blanch them, and beat them in a Stone or Wooden Mortar with a little Rose water; then take the crummy part of a two-penny white Loaf, and the Marrow of three or four Marrow bones, a Nutmeg grated, the Yolks of four Eggs; let this be wetted with new Cream, put in a little Salt, and if you please you may perfume it with two or three Grains of Ambergreese, and fill the Skins, then boil them gently till they are enough.

To make excellent Black Puddings.

Take a quart of Sheeps Blood, and a quart of Cream, ten Eggs, the Yolks and
Whites

Whites beaten well together, stir all this Liquor very well, then thicken it with grated Bread and Oat-meal finely beaten, of each a like quantity ; Beef Suit finely shred, and Marrow in little Lumps ; season it with a little Nutmeg, Cloves and Mace, mingled with Salt, a little Sweet marjoram, Thyme, and Penny royal shred very well together, and mingle them with the other things ; some put in a few Currants, then fill them in cleansed Guts, and boil them carefully.

To bake Pigeons, Teals, or Wild Ducks, that will keep a Quarter of a Year, and are excellent Meat.

Season them duly with Pepper and Salt, then bake them in an Oven, with store of Butter and some Claret Wine ; let the Pot be covered when they are baked ; take out the Pot and the Birds out of it, and wipe them very dry, then put them into the Pot again without any Liquor, and pour upon them the Butter that was upon the Liquor, being first clarified, and as much Butter more as needeth to cover them three Fingers breadth ; being melted and clarified, you may put a few Bay-leaves between the Meat and the Butter.

To Boil Udders and Tongues.

When they are boiled enough in the Beef-pot, and blanch'd, you must have your Turnips ready boiled, cut in pieces and tosted in Butter, also your Colli-flowers and Carrots; put your Turnips all over the bottom of a large Dish, then slice on your Tongue or Tongues, and lay them one against another, slice your Udders, and lay them between, opposite; garnish your Colli-flowers all over them, and the Carrots up and down between your Colli-flowers; you may add of the Fat of your Pot, if it be pure, unto your drawn Butter and Vinegar, and pour over it.

To Stew Pidgeons after the French manner.

Take six squab Pidgeons that are just killed, let them be scalded and trussed as for boiling; then put them into a deep Pewter Dish in a single Row, let them lie close together, and put to them, if in the time that Grapes are to be had, a large bunch of white Grapes, or else a quarter of a pint of White-Wine, and half a pint of Water, and thirty Corns of whole Pepper, and a little Salt and a quarter of a Nutmeg, and a blade of Mace, stew them thoroughly; then take a clean Dish,
set

set it upon a Chafing-dish of Coals, and put them into it, and beat a piece of fresh Butter into the Sauce, and put upon them; then put some Greens or Flowers about the Dish.

*To Pickle Capons like my Lady of P — — —'s
French Cook.*

Take two large fleshy Capons, not too fat; when you have drawn and truss'd them, lay them upon a Chafing dish of Charcole to singe them, turning them on all sides, till the Hair and Down be clean singed off; then take three pound of good Lard, and cut it into larding Pieces, about the thickness of a two-penny Cord, and lard it well; but first season your bits of Lard with half an Ounce of white Pepper, and a handful of Salt; then bind each of them well over with Pack-thread, and have ready over the Fire about two gallons of Beef-Broth, and put them in a little before it boils; when they boil and are clean scummed, then put in about six Bay-leaves, a little bunch of Thyme, two ordinary Onions stuck full of Cloves, and Salt, if it be not already salt enough for pickle; when it has boil'd about half an hour, put in another half ounce of beaten white Pepper; and a little after, put in a quart of white Wine;

Wine ; so let it boil, until it has boild in all an hour, and so let it lie in the Pickle till you use it, which you may do the next Day, or any time within a Fortnight ; instead of Broth, you may use Water, which is better, in case you do four or six, which of themselves will make the Pickle strong

If you would keep them above four Days, you must make the Pickle sharp with Vinegar. See my Lady C---'s pickle'd Turkeys in the following Receipt.

*To Souse a Turkey like Sturgeon or Brawn,
my Lady C--- her Way.*

Take a good fat Turkey or two, dress them clean, and bone them ; then tie them up in the manner of a Sturgeon with something clean washed ; take your Kettle, and put into it a pottle of good white Wine, a quart of Water, and a quart of Vinegar, make it boil, and season it with Salt pretty well, then put in your Turkeys, and let them boil till they be very tender ; when they are enough boiled, take them out, and taste the Liquor, if it be not sharp enough, put more Vinegar, and let it boil a little, then put it into an Earthen-pot that will hold both Turkeys, when it is cold enough, and the Turkeys thorough cold, put them into the Liquor in the Pot,
and

and before they be quite covered with the Liquor, let them lie in it three Weeks or a Month ; then serve it to the Table as Sturgeon, with Fennel on it, and eat it with Elder Vinegar.

You may do a Capon or two put together, in the same manner ; but first larding it with great Lardons rowled in Pepper and Salt ; a shorter time lying in the Pickle will serve.

To fry a Dish of Lamb stones and Sweet-breads.

Blanch your Lamb stones, taking off the outward Skin, and split them through, also slice your Veal Sweet-breads, let your Lamb-stones be whole, so let your Pan be very hot, and your Lamb-stones and Sweet-breads be flowered exceeding well ; you may fry them up into a pure brown, if you do not overcharge your Pan ; let your Sauce be Gravy, Butter and Vinegar ; dish them up, and strow over them Parsley fried crisp.

To make Scotch Collops.

Take two pound of a Fillet of Veal, and cut it into thin Slices as thin as a half-Crown, lay it a-broad on a clean Dresser, and hack it with the back of a Knife on both Sides very well, then season it with
Pepper,

Pepper, Nutmeg, and Salt, then shred some Thyme, Winter-savoury, Penny-royal very small, and strow it upon both Sides of the Collops, and let them lie in a Dish two hours, then fry them in clarified Butter till they are tender, but not brown, then take them out of the Pan, and clean the Pan, and put in half a pint of Mutton or Beef Gravy, and two or three Spoonfuls of Oister Liqueur, the Juice of an Orange, a little Limon-peel shred very fine, and shake them together a little over the Fire, then beat in the Yolks of two Eggs to thicken your Sauce; garnish your Dish with carv'd Orange and Limon-Peel shred fine, and strowed about the Dish, and carv'd Sippets, and a little Salt, then pour it into the Dish, and send it to the Table.

To make Sauce for Roasted Pullets or Capons.

Take some strong Broth, and chop the Necks off your Fowls, and put into it, and put in a little Pepper, a whole Onion, two Anchovies, two or three Spoonfuls of Oister-Liqueur, boil all these together half an hour, then shred the inside of a Limon, and put it into the Sauce, which must be poured off first from the Necks and the Pepper, and put it hot into the Dish, then put in the Fowls, and garnish the Dish and Fowls.

Fowls with carved Limon, and serve them to the Table.

To make forced Meat.

Take a pound of a Leg of Veal, cut it into thin slices, then scrape it with a Knife on a Trencher, keeping back all the Skin and Strings, then take a pound and a half of Beef-suit shred very small, and mix it well with your Veal; then put it into a Stone-Mortar, and beat it till it be a perfect Paste, then season it with a quarter of an ounce of Pepper, half a spoonful of Salt, one Nutmeg grated, then shred a handful of Sage and a little Rosemary very small, mix it all well together with your Hand, with two Eggs, until it is in a Paste, then put it into a Pot, and set it into a cool place, when you use any of it, roul it into round Balls, and some into long ones like Sausages, then boil them in strong Broth a quarter of an hour, and so use them.

To make strong Broth.

Take four pound of lean Beef, cut it into thin slices, and put it into a Srew-pan, and just cover it with Water, let it boil an hour, scum it, and when it is boiled, squeeze it between two Trenchers; this is Broth for Frigacies, &c.

To

To make excellent Hare-Pies.

Hash the Flesh of as many Hares as you please, very small, then beat them strongly in a Mortar into Paste, which, season duly with Pepper and Salt, lard it thoroughly all over with great Lardons of Lard, well rowled in Pepper and Salt; put this into a straighter Earthen-pot to lie close in it: If you like Onions, you may put one or two quartered, into the bottom of the Pot, put store of sweet Butter upon the Meat, and upon that some strong red, or Claret Wine; cover the Pot with a double strong brown Paper, tied close about the Mouth of it; set it to bake with Household Bread (or in an Oven as a Venison Pastie) for eight or ten hours, then take it out of the pot, and thence the Meat, and pour away all the Liquor, which let settle; then take all the congealed Butter and cla:ifie it well, put your Meat again into the pot, and put upon it your clarified Butter, and as much more as is necessary; and I believe the putting of Claret Wine to it is better now, and so omit it before; bake it again, but a less while; pour out all the Liquor; when it is baked, cla:ifie the Butter again, and pour it upon the Meat, and so let it cool; the Butter must be at least two or three Fingers breadth over the Meat. *To*

To make Sause for Roasted Partridges, Pheasants, or Young Turkeys.

Take a penny Loaf, and cut off all the out-side Crust, and cut the Crum in three Slices, and put it in a pint of cold Water, and set it over the Fire till it boils, then take it off, and drain it from the Water, then put to it a quarter of a pint of Mutton-gravy or Beef-gravy, a little Pepper and a little Salt, and two or three slices of Onions or Shalot; then set it over the Fire and mash the Bread with the back of the Spoon; then boil it half a quarter of an hour then stir in a quarter of a pound of Butter, and use it.

To make Sause for a Hare, &c.

Take a penny Loaf, and cut it in Slices into a pint of Claret, set it over the Fire, and boil it, and mash it with the back of a Spoon; then put in a quarter of an Ounce of beaten Cinnamon, let it boil a little, and put in a little Vinegar to make it Tart, then sweeten it with Sugar, and stir in a little Butter, then put it in the Dish, and garnish your Dish with the Crust of your white Loaf grated, and a little Salt and Flower: This is also Sause and Garnishing for roast Venison, or roasted Tongue and Udder.

To

To make Sause for wild Pidgeons.

Take Sage and fat Bacon, shred it very small together, and season it lightly with a little Pepper, one Onion shred small, a little Salt; stuff your Pidgeons with it, and roast them; put half a pint of Mutton Gravy into the Dish, and set it over a Chafing-dish of Coals, then put your Pidgeons into the Dish, and with a Knife pull out the Stuffing into the Gravy, make it hot, and send it to the Table.

*Excellent Pies of Red Deer, made by Sir K---
D---'s French Cook,*

Lard the Lean of the Meat very well with great Lardons rowled in Pepper and Salt; then lay under it a Cake of a Finger thick of Beef Suit, first chopped small and season'd with Pepper and Salt, then beaten into a Cake fit for the Meat, and another such Cake upon the Deer's Flesh; then bake it well in strong Crust, and soak it two or three hours in the Oven after it is baked enough, which requireth six good hours; if you use no Suet, put in Butter enough.

To make a Hotch-potch.

Take a piece of Brisket-beef, a piece
of

of Mutton, a Knuckle of Veal, a good Cabbage a little broken, boil all these together until they are very thick.

To boil a Leg of Mutton.

Take a fat Leg of Mutton, boil it in Water and Salt, make Sauce with Gravy, white Vinegar, White-wine, salt Butter, Nutmeg, and strong Broth; and being well stew'd together, dish it up on fine carved Sippets, and pour on your Broth.

Garnish your Dish with Barberries, Capers, and slic'd Limon; and garnish the Leg of Mutton with the same Garnish, and run it over with beaten Butter, slic'd Limon and grated Nutmeg.

To bake all manner of Land-Fowl, as Turkey, Bustard, Peacock, Crane, &c. to be eaten cold.

Take a Turkey and bone it, parboil and lard it thick with great Lard, as big as your little Finger; then season it with two Ounces of beaten Pepper, two ounces of beaten Nutmegs, and three ounces of Salt, season the Fowl, and lay it in a Pie fit for it; put first Butter in the bottom, with ten whole Cloves, then lay on the Turkey, and the rest of the Seasoning on it, lay on good store of Butter; then close it up and baste it either with Saffron-water, or three or four Egg

Eggs beaten together with their Yolks ; bake it, and being baked and cold, liquor it with clarified Butter, &c.

To roast Calves-Feet.

First boil them tender and blanch them, and being cold, lard them thick with small Lard, then spit them on a small Spit and roast them ; serve them with a Sauce made of Vinegar, Cinnamon, Sugar and Butter.

To broil Oysters.

Take great Oysters and set them on a Gridiron with the Heads downwards, put them up on end, and broil them dry, brown, and hard ; then put two or three of them in a Shell with some melted Butter, set them on the Gridiron till they be finely stew'd ; then dish them on a Plate, and fill them up with good Butter only melted, or beaten with Juice of Orange ; pepper them lightly, and serve them up hot.

To dress a dish of Collops and Eggs the best way for Service.

Take fine young and well colour'd Bacon of the Ribs, the quantity of two pound, cut it into thin slices and lay them in a clean Dish, toast them before the Fire fine and crisp ; then poche the Eggs in a fair scow-
red

red Skillet white and fine, dish them on a Dish or Plate, and lay on the Collops, some upon them, and some round the Dish.

To make a forc'd Dish of any cold Meat:

Take any cold Meat and shred it small, a little Cloves and Mace, Nutmeg, and two Yolks of Eggs, a spoonful or two of Rose-water, a little grated Bread, a little Beef-Suet shred small; make it up into Balls, or any Fashion you please, and boil them in tried Suet between two earthen Dishes; your Suet must boil before you put in your Meat. For Sawce a little Butter, Verjuice and Sugar.

To fry Beef.

Cut it in slices half an Inch thick and three Fingers broad, salt it a little, and being hacked with the back of your Knife, fry it in Butter, with a temperate Fire, but not too hard.

Thus you may fry Sweet-breads of the Beef; for Sawce, Butter, Vinegar, minced Capers and Nutmeg.

To roast a Pig the plain way.

Scald and draw it, wash it clean, and put some Sage in the Belly, prick it up and spit it, roast it and baste it with Butter, and salt it; being roasted fine and crisp, make

Sause with chop'd Sage and Currans well boil'd in Vinegar and fair Water; then put to them the Gravy of the Pig, a little grated Bread, the Brains, some Barberries and Sugar; give these a walm or two, and serve the Pig on this Sause, with a little beaten Butter.

To roast a Pig with a Pudding in his Belly.

Draw out his Bowels, and slay it but only the Head looking over his Back, and fill his Belly with a Pudding made of grated Bread, Nutmeg, a little minced Beef suet, two or three Yolks of raw Eggs, Salt, and three or four spoonfuls of good Cream; fill his Belly and prick it up, roast it and baste it with Yolks of Eggs: Being roasted, wring on the Juice of a Limon, and bread it with grated Bread, Pepper, Nutmeg, Salt, and Ginger; bread it quick with the bread and Spice.

Then make Sause with Vinegar, Butter and the Yolks of hard Eggs minced, boil them together with the Gravy of the Pig and serve it on this Sause.

To roast a Breast of Veal.

Take Parsley and Thyme, wash them and chop them small then take the Yolks of five or six Eggs, grated Bread and Cream mingle them together, with Cloves, Mace, Nutmeg, Currants and Sugar, then roast

up the Skin of the Breast of Veal, and put in your stuff, prick it up close with a scuer, then roast it, and baste it with Butter, when it is roasted, wring on the Juice of Limon, and serve it.

To roast a Hare.

Cafe your Hare, but cut not off her Ears, nor her Legs, then wash her and dry her with a Cloath, then make a Pudding and put in her Belly, then sow it up close, then truss her as if she were running, then spit her, then take some Claret-wine and grated Bread, Sugar and Ginger, Barberries and Butter, boil these together for your Sauce.

To make a Lumber-Pye.

Take some grated Bread and Beef-suet cut into bits like great Dice, and some Cloves and Mace; then some Veal or Capon minced small with Beef suet, Sweet-herbs, Salt, Sugar, the Yolks of six Eggs boil'd hard and cut into Quarters; put them to the other Ingredients, with some Barberries, some Yolks of raw Eggs, and a little Cream, work up all together, and put it in the Cawls of Veal like little Sausages; then bake them in a Dish, and being half baked, have a Pye made and dried in the Oven; put these Puddings into it with some

Butter, Verjuice, Sugar, some Dates on them, large Mace, Grapes, or Barberries, and Marrow; being baked, serve it with a cut Cover on it, and scrape Sugar on it.

To broil Brawn.

Cut a Collar into six or seven slices round the Collar, and lay it on a Plate in the Oven; being broil'd, serve it with Juice of Orange, Pepper, Gravey, and beaten Butter.

A good strong Savoury Broth, as it was made for the Queen on Mornings.

Make very good Broath with some lean of Veal, Beef, and Mutton, and with a brawny Hen or young Cock; after it is scummed, put in an Onion quartered, (and if you like it a Clove of Garlick) a little Parsley, a sprig of Thyme, as much Mint, a litle Baum, some Coriander-seeds bruised, and a very little Saffron, a little Salt, Pepper and a Clove; when all the Substance is boiled out of the Meat, and the Broth very good, you may drink it so, or pour a little of it upon toasted sliced Bread, and stew it till the Bread have drunk up all that Broath, then add a little more, and stew; so adding Broath by little and little, that the Bread may imbibe it and swell, whereas if you drown it at once, the Bread will not swell, and

and grow like Jelly ; and thus you will have a good Pottage : You may add Cabbage or Leeks or Endive, or Parsley Roots, in the due time, before the Broth hath ended boiling, and time enough for them to become tender. In the Summer, you may put in Lettuce, Sorrel, Purslane, Borage and Bugloss, or what other Pot-herbs you like ; but green Herbs do rob the Strength and Vigour and Cream of the Pottage.

To roast Fine Meat.

When the Capon, Chickens or Fowl have been long enough before the Fire to be thorough hot, and that it is time to begin to baste them, baste them once all over very well with fresh Butter, then presently Powder it all over very thin with Flower : This, by continual turning before the Fire, will make a thin Crust, which will keep in all the Juice of the Meat ; therefore baste no more, nor do any thing to it till the Meat be enough roasted ; then baste it well with Butter as before, which will make the Crust relent and fall away ; which being done, and that the Meat is growing brown on the out-side, besprinkle it over with a little ordinary white Salt in gross Grains, and continue turning till the outside be brown enough.

The Queen useth to baste such Meate with Yolks of fresh Eggs beaten thin, which continue to do all the while it is roasting.

Savoury Collops of Veal.

Cut a Leg of Veal into thin Collops, and beat them well with the back of a Knife, then lay them in soak a good half hour in the Yolks of four Eggs and two Whites very well beaten; and a little small shredded Tyme mingled with it, then lay them in the Frying-pan, wherein is boiling Butter, and pour upon them the rest of the Eggs that the Collops have not imbibed and carried with them, and fry them very well, turning them in due time; then pour away all the Butter, and make them a Sauce of Gravey, season with Salt and Spice, and juice of Orange at last squeeze upon them.

To make a Chadron Pie.

Take a Calf's Chadron, and parboil it, then, when it is cold, shred it very small; then shred a pound of Suet very fine, then season it with half an ounce of Cinnamon, and two Nutmegs, and a little beaten Cloves and Mace, a little shred Limon and Orange peel, four good Pippins shred small,
a lit-

a little Rose-water, and half a pint of Sack^r if it be a large Chardon; if not, a quarter of a pint will be enough, and a pound and a half of Currans; mix all these together with a quarter of a pound of Sugar and a little Sack; then fill your Pies or Florendine with this Meat. This Florendine must bak'd in puff Paste, or cold Paste.

To dry Neats Tongues.

Take Salt-Peter, and Bay-Salt, beaten very fine, of each a like, and rub your Tongues very well with that, and cover all over with it; and as it wastes, put on more, and when they are very hard and stiff, they are enough; then rowl them in Bran, and dry them before a soft Fire; and before you boil them, let them lie one Night in Pump-water, and boil them in the same sort of Water.

To boil Pidgeons.

Being trussed, put them into a Pipkin or Skillet, with some strong Broth or fair Water, boil and scum them; then put in some Mace, a faggot of sweet Herbs, white Endive, Marigold Flowers and Salt, and being finely boiled, serve them on Sippets, and garnish the Dish with Mace and white Endive Flower.

To boil Neats-Tongues.

Salt a Tongue twelve hours, or boil it in Water and Salt till it be tender; blanch it, serve it on carved Sippets and Brewess, with boiled Turnips and Onions; run it over with beaten Butter; and garnish it with Barberries or Grapes.

To make Sauce for roasted Wild-Ducks.

Take Winter-Savory, Thyme and Sage of each a little, shred these very small, put them into a little strong Broth, a little Pepper, a little Salt, a little Ginger, two spoonfuls of Claret, two spoonfuls of Mutton-gravy; boil all this a quarter of an hour, put in the Gravy that drops from the Ducks, but none of the Fat of them: when the Ducks are three Quarters roasted, pour the Sauce through them, and send them in; and when they are cut up, put them upon a Chafing-dish of Coals, and stew them a little.

To make Sauce for boild Ducks.

Take Onions and boil them in Water, changing it twice, that they be not strong, when they be soft, take them up, and mash them with a Spoon, put a good quantity of Butter to them, and a little Salt, and a little Pepper; work your Butter well amongst

mongst your Onions, then lay the Ducks in the Dish, and pour the Sauce upon them, and garnish your Dish with pieces of Onion and Parsly, and Salt, and serve them to the Table.

Mince Pies.

My Lady L---- makes her finest minced Pies of Neats-Tongues, but she holdeth the most savory ones, to be of Veal and Mutton, equal parts, very small minced. Her finest Crust is made by sprinkling the Flower (as much as it needs) with cold Water, and then working the Paste with little pieces of raw Butter in a good quantity; so that she useth neither hot Water, nor melted Butter in them; and this makes the Crust short and light. After all the Meat and seasoning, and Plumbs and Cittern Peel, &c. is in the Cossing, she puts a little ambered Sugar upon it, thus; grind two Grains of Amber Grease, and half a one of Musk, with a little piece of hard Loaf Sugar: This will serve six or eight Pies strewed all over the top, then cover it with the Lid and set it in the Oven.

Monsieur S. Ebremond's Way of stewing Oysters.

Take what quantity you will of the best Oysters to eat raw, open them, putting all
B 5 their

their Water with the Fish into a Bason; take out the Oysters one by one (that you may have them washed clean in their own Water) and lay them in the Dish you intend to stew them in; then let their Water run upon them through a fine Linen, that all their Foulness may remain behind; then put a good great lump of Butter to them, which may be (when melted) half as much as their Water; season them with Salt, Nutmeg, and a very few Cloves; let this boil smartly, covered, when it is half boil'd, put in some Crusts of Light French Bread, and boil it on till all be enough, then serve them up.

To make Barly-Broth.

Boil the Barly first in two Waters, having first pick'd it well, then join it with a Knuckle of Veal, and seeth them together; to the Broth, add Reasons, Sweet-herbs, large Mace, and the quantity of a fine Manchet sliced together; then season it with Salt.

To make a French Pudding, call'd a Pom roy Pudding.

Take a quart of Cream and the Crum, of a Two-penny Loaf, cut it into thin Slices, then heat the Cream scalding hot, and put it on the Bread in a Stone-pan, then grate

grate a large Nutmeg and put to the Bread, and shred three quarters of a Pound of Beef suet very fine, and wash half a Pound of Currans, and put into the Bread, with eight Eggs; take away three Whites, beat them very well, strain them through a hair Sieve with three or four Spoonfuls of Sack, a little Salt, as much Sugar as will sweeten it to your taste, and take a good handful of Penny-royal, a little Time, and shred it small; then stir it all together, and dip a Cloth in boiling Liquor, and then squeeze it out, spread it with Butter all over, and strow on a little Flower, and lay it into a Cullender or a Pan, and put in the Pudding, and tie it close, and boil it in an hour and a half; then for Sauce, melt some Butter with a little Rose-Water, and sweeten it with fine Sugar, and pour it all over the Pudding, and scrape on some Sugar on it, and on the brim of the Dish; and serve it on the Table.

To make Bolonia Puddings, as they make them in Italy, which are better than those of Bolonia.

Take seventeen pound and half of a Fore quarter of Pork, and three pound and a half of lean Buttock beef, chop them well together, but not too small; then

then put to them a pound and half of Salt well dried and poudered, and three Ounces of white Pepper grossly bruised ; mix and knead them all well together like Paste, and if you will have them fat, you may put to them a pound or two of the Fat or Bacon of the Hog cut in square Dice ; put thereto, when you knead it, a Glass full of deep-red Wine ; then fill your large Beef-guts with this, being first well scowred and cleansed from all the Slime, by turning them ; then wipe them dry before you fill them ; in filling them, you must squeeze and press down the Meat very hard, that all the Wine may get out of them, and that they may be stuffed very close ; then tie them fast with Pack-thread, and hang them up over the Mantle-tree in the Kitchen, not in the Chimny, for they would dry too fast ; leave them there for three Weeks, then hang them in a Garret where the Wind and Air comes in ; and when they are well dried, take them down and wipe them, then grease them over with Sallet Oil, and lay them in a Box in Hay, and they will keep good all the Year long : You may cut your Guts of the length of eight or nine Inches, or twelve Inches long, and tie them first at one end before you fill them. When you will

will use them, boil one or two at a time in fair Water for an hour, and when they are cold, cut them in round slices, and they will look pure red and white, and are excellent Meat, better then any Neat's-tongue; they will keep good a Fortnight after they are boil'd. These Puddings I have often made in *England*, and keep them all the Year long; and they have been exceedingly praised by all those that did eat of them.

To make an Egg Mince-Pye.

Boil your Eggs hard, then mince and mix them with Cinnamon, Currans, Caraway-seeds, Sugar and Dates, minced Limon-peel, Verjuice, Rose-water, Butter and Salt, with these fill your Pies; when baked; liquor them with Butter, white Wine, Sugar, and Ice them.

To make a Warden Pear-Pye.

First bake your Wardens, or Pears in an Oven with a little Water and a good quantity of Sugar; let your Pot be close covered with a piece of Dough; let them not be fully baked by a quarter of an hour; when they are cold, make an high Coffin, and put them in whole, adding to them some Cloves, whole Cinnamon, Sugar, with some of the Liquor they were baked in, so close it, and bake it. To

To bake a Quince-Pye.

Cut your Quinces from the Core, and fill your Pye, lay over it sliced Orangado, and pour into it the Syrup of Barberries, Mulberries, Orangado, and put on good store of Sugar, with two or three Sticks of Cinnamon, so close and prick it; but give it as little vent as you can: You may also bake them whole; after you have cored them with your Coring-iron, and pared them very thin; when they are placed in your Pye, fill the vacant Place where the Core was taken out with the Syrup of Orangado; they ought to have as much Sugar to them as their weight, but not, if you have store of sweet Syrup.

To make excellent Sausages.

Take a Leg of young Pork and cut off all the Lean, and shred it very small, but leave none of the Strings or Skins amongst it; then take two pound of Beef-suet and shred it small, then take two handfuls of red Sage, a little Pepper, Salt, and Nutmeg, and a small piece of an Onion, chop them all together, with the Flesh and Suet: if it is small enough, put the Yolks of two or three Eggs, and mix all together, and make it up in a Paste; if you will use it, rowl out as many pieces as you please in the form of an ordinary

ordinary Sausage, and so fry them: This Paste will keep a Fortnight upon occasion.

To make Amber Puddings.

Take the Guts of a young Hog and wash them very clean, and then take two pound of the best Hogs Fat, and a pound and half of the best *Jordan* Almonds, the which being blanched, take one half of them and beat them very small, and the other half reserve whole unbeaten; then take a pound and half of fine Sugar, and four white Loaves, and grate the Loaves over the former Composition, and mingle them well together in a Bason: Having so done, put to it half an ounce of Amber-greese, the which must be scraped very small over the said Composition; take half a quarter of an ounce of *Levant* Musk, and bruise it in a Marble Mortar, with a quarter of a pint of Orange flower-water, then mingle these all very well together, and having so done, fill the said Guts therewith. This Receipt was given to the Lord C —, by an Italian, for a great Rarity, and has been found so to be by those Ladies of Honour to whom his Lordship has imparted the said Receipt.

A most excellent Tanzey.

Take a quart of good Cream, the juice
of

of two pennyworth of Spinage, beat a small handful of Tanzey with the Spinage, and strain it into the Cream; then beat Eighteen Eggs, take away Eight Whites, before beat them very well, then strain them into the Cream, then grate in two large Nutmegs, and put in a little Salt, and sweeten it very well; then butter a Pudding-pan very well, and put it in, and bake it in an Oven, as hot as for a Custard; for the Garnish it must be as the other.

To make Fritters.

Take a quart of new Milk, and stir in as much fine Flower as will make it a thick Batter, then beat ten Eggs, take away four Whites, beat them very well, strain them through a Hair-sieve into the Batter, and grate in a large Nutmeg, some beaten Cloves and Mace, half a spoonful of beaten Ginger, a little Sack, a little Salt, one spoonful of Ale-yeast, stir it well together; then have some Pipins cut in round slices, they must be thin, and dip them in the Batter, and fry them in clarified Beef suet or Hogs Lard, and strow on good store of Cinnamon and Sugar, scrape Sugar on the brim of the Dish and serve it to the Table; or otherwise, shred your Pippins or Apples very small, and stir them in the Batter, and fry them in
spoon-

spoonfuls: You must besure to fry Fritters in so much Suet as they may swim, and take them up with a slice, and lay them in a Cullender on a coarse Gloath, besure do not fry them too brown.

To make Fritters in the French Fashion.

Take a pint of Mutton Broath when cold, then take off the Fat, and stir in as much Flower as will make it a thick Batter; take six Eggs, Yolks and Whites, and one Nutmeg grated, a little beaten Cloves and Mace, a little beaten Ginger, four spoonfuls of Sack; a little Salt, beat all this together, and cut eight Pippins very small, and put into the Batter, and so fry them in small spoonfuls as you do the other, and send them to the Table.

To make a Lamb-Pasty.

Bone your Lamb, skin it, and cut it four square in the manner of a Pasty, season it with Salt, Pepper beaten small, Cloves, Mace, Nutmeg, and minced Thyme: Let your Paste be rich cold buttered Paste: Lay your Lamb upon minced Beef-suet, and put on an high border about it, then turn over your Sheer, close, finish and bake your Pasty; when it is baked and drawn, put in a lear of White-wine, Sugar, Vinegar beaten up with the Yolks of two or three Eggs; if you would.

would have it savoury and not sweet, add the more Spice in the seasoning, and let your Lear be only Gravey, or the baking of Bones, and some Meat, in Claret-wine as before: This you may observe in all other baked Meats betwixt the Lears of sweet and savoury.

Pippin Tarts.

Take what quantity you think fit of fair Pippins, pare them, part them and core them, having cut them into quarters, then stew them in Claret-wine, whole Cinnamon and sliced Ginger, stew them above half an hour, then put them into a Dish to cool, but break them not; after you have laid them orderly into your Tart, lay upon them some green Citron minced small, candied Orange or Coriander, and some Sugar, when it is baked, ice it and scrape on some Sugar.

My Lady H--'s way to make a Caraway-Cake.

Take three pound and a half of the finest Flower, and dry it in an Oven, one pound and a half of sweet Butter; and rub it in the Flower until it be crumbled very small, that none of it be seen; then take three quarters of a pint of new Ale-Yeast, and half a pint of Sack, and half a pint of New Milk, six spoonfuls of Rose-water, four Yolks and two whites of Eggs; then let it lie.

lie before the Fire half an hour or more, and when you go to make it up, put in three quarters of a pound of Carraway Comfits, and a pound and a half of Bisket; put it in the Oven, and let it stand an hour and half.

Excellent small Cakes, which are much esteemed at Court; the King him'self hath eat of them.

Take three pounds of very fine Flower, one pound and half of Butter, and as much Currans, and as much Sugar, seven Eggs, one half of the Whites taken out, and knead all well together into a Paste, adding one Nutmeg grated, and a little Rose-water; so make them up about the bigness of your hand, and bake them upon a Plate of Tin.

To stew or dress an Eel with Ragoust, the French way.

Cut the Eels in pieces and put them into your Stew-pan, with White-wine, Butter, Sibblads, and Parsley shred, some Capers, Salt and Pepper, and a few Chippings of of Bread to allay the Sauce; and when it is enough, serve it up, and if you will, you may make a white Sauce to it, with Whites of Eggs and Verjuice, or White-Wine and Vinegar.

*To keep Gooseberries or Grapes, &c. to make
Tarts all the Winter.*

Take these Fruits when at the full growth, but not ripe, and put them in Glass-bottles with a wide Mouth, fill the bottles, and cork them close, and tie them over with Leather close, that no Air can come into them; then set them in a cold Cellar, and keep them for your own Use; so you may keep Cherries, Bullace, or Damsons.

To make Plumb-Broth.

Take a Legg of Beef, and a piece of the Neck, and put it into a good quantity of Water, that is, three or four Gallons, boil it four hours; then have two pound of Currans clean wash'd and pick'd, and three pound of Raisins of the Sun, three pound of Prunes well stew'd, put in the Currans and Raisins, let them boil one hour; then take two pound of stew'd Prunes, and force them through a Cullender, leaving the Stones and Skins; then have a Two-penny white Loaf grated, mix it with some of the Broth, and put the Pulp of the Prunes to it, and one ounce of Cinnamon, half an ounce of Nutmegs grated, a quarter of an ounce of beaten Cloves and Mace; put all these into the Broth; let it boil a quarter of

an hour, keep it always stirring, for fear it burn, then put in one quart of Clarret, and half a pint of Sack, and then sweeten it to your Taste, put in a little Salt ; then have some White bread, cut as big as Dice, in the Dish or Bason ; lay a little piece of the Meat or a Marrow-bone in the middle of the Dish, put in the Broth, garnish the Dish with some of the stew'd Prunes, some Raisins and Currans out of the Broth ; scrape some Sugar on the Brim of the Dish, and so serve it to the Table.

Pike boil'd after an excellent manner.

Take a Pike, and having cleans'd the Civit, truss him round, and scotch his Back ; put him into boiling Water and Vinegar, two parts Water, and the third Vinegar, with some Salt ; before you boil him up quick, let your Sauce be made of White-wine Vinegar, Mace, whole Pepper, two dozen of Cockles boiled out of their Shells and washed clean, a Faggot of sweet Herbs, the Liver stamp'd and put to it, with a Horse-radish scrap'd or slic'd ; boil all these together ; dish your Pike on Sippets, and beat up your Sauce with some good sweet Butter and minced Limon ; you may garnish your Dish any how, as you please. In the same manner may be
stewed

stewed Carp, Bream, Barbel, Chevin, Rochet, Gurnet, Conger, Tench, Perch, Bafe or Mullet, or the like.

To make Oatmeal Pudding.

Take a Porringer full of Oatmeal beaten to Flower, a pint of Cream, one Nutmeg, four Eggs beaten, three Whites, a quarter of a pound of Sugar, a pound of Beef-Suet well minced, mingle all these together, and so bake it; an hour will bake it.

A boil'd Pudding.

Take a pint of Cream or Milk, and boil it with a Stick of Cinnamon, being boil'd, let it cool, then put in six Eggs, take out three Whites, and beat the Eggs before you put them in the Milk; then slice a penny Rowl very thin, and being slic'd, beat all together, then put in some Sugar, and flower the Cloth, being boil'd for Sauce, put Butter, Sack and Sugar, beat them together and scrape Sugar on it.

To make a Rice-Pudding, to bake.

Boil the Rice tender in Milk, then season it with Nutmeg, Mace, Rose-Water, Sugar. Yolks of Eggs with half the whites, some grated Bread and Marrow minced
with

with Ambergreese, and bake it in a buttered Dish.

To make a Marrow Pudding:

Take a quart of good Cream and ten Eggs, take away four Whites, beat them very well, strain them into the Cream, grate in a good Nutmeg, a little beaten Cinnamon, put in a little Salt, no more than will take away the Flashiness of the Eggs; put in two Spoonfuls of Rose-water, and as much Sack, season it with Sugar to your Taste, stir it well together, then butter the bottom of a deep Pewter-Dish, and put in these Ingredients into the Dish, and then take the Marrow of three good Mar-bones broke into pieces as big as a small Wall-nut, and put it all over the Dish; then have a penny white Loaf cut into thin Sippets, and lay them all over the Marrow, then have half a pound of Raisins of the Sun wash'd and ston'd, strew them upon the Bread, then have a border of Puff-gaste, and lay it on the brim of the Dish, cut it into fine Works, and bake it, but not in too hot an Oven; three quarters of an hour will do it; when bak'd, you may garnish it with preserved Barberries, Cherries, Bullace or Damsons, or a few of each of these; scrape on Sugar and send it to the Table

To

To make a green boil'd Pudding of sweet-herbs.

Take and steep a penny white Loaf in a quart of Cream and only eight Yolks of Eggs, some Currans, Sugar, Cloves, beaten Mace, Dates, juice of Spinage, Saffron, Cinnamon, Nutmeg, sweet Marjoram, Thyme, Savory, Penniroyal, minced very small, and some Salt, boil it with Beesfuet Marrow (or none.) These Puddings are excellent for Stuffings of roast or boil'd Poultry, Kid, Lamb, or Turkey, Veal, or Breast of Mutton.

To make a quaking Pudding.

Take a penny Loaf and grate it, then take a pint of Cream and eight Eggs, and take away the Whites, beat them very well, then grate a small Nutmeg, and two Spoonfuls of Rose-water, mix all these together, then put in a little Salt, and as much Sugar as will make it pleasant, then put your Pudding-cloth in boiling Water, and let it boil a little, then squeeze it out, and spread it all over with Butter; then strew it all over with Flower, and lay it in a Bason or Cullender, and put the Pudding in and tye it up close, one hour will boil it; then for Sauce, take Rose water, and a little Sack, and a quarter of a Pound of Sweet-Butter, and a good spoonfull of
fine

fine Sugar, and set it over the Fire, and melt it thick, and scrape Loaf-Sugar upon the Pudding, and on the brim of the Dish; pour on the Sugar and serve it to the Table.

In the Spring time, you may Colour this Pudding with the juice of Spinnage, or Cowslips, or Violets, or in the Summer, with the Juice of Marigolds.

To make an excellent bak'd Pudding.

Take Crumbs of white Bread, as much fine Flour, the Yolks of four Eggs, but one white, and as much good Cream as will temper it as thick as you would make Pancake Batter; then Butter the Dish, bake it, and scrape Sugar on it being baked.

Otherways,

Take a quart of Cream, put thereto a pound of Beef-suet minced small, put it into the Cream, and season it with Nutmeg, Cinnamon, and Rose-water, put to it eight Eggs and but four Whites, and two grated Manchets; mingle them well together, and put them in a butter'd Dish, bake it, and being baked, scrape on Sugar, and serve it.

To make Rice-Pancakes.

Take a pound of Rice and boil it in three Quarts of Water till it be very tender ; then put it into a pot covered close, and that will make a Jelly, then take a quart of Cream or new Milk, put it scalding hot to the Rice, then take twenty Eggs, three quarters of a pound of melted Butter, a little Salt, stir all these well together, put as much Flour to them as will make 'em hold frying, they must be fryed with Butter, they may be made over Night best.

To make a good Cake as Sir K. D---'s House-keeper made for him.

Take four Quarts of fine Flour, two pound and a half of Butter, three quarters of a pound of Sugar, four Nutmegs, a little Mace, a pound of Almonds finely beaten ; half a pint of Sack, a pint of good Ale-yeast, a pint of boil'd Cream, twelve Yolks and four whites of Eggs, four pound of Currans ; when you have wrought all these into a very fine Paste, let it be kept warm by the Fire half an hour before you set it into the Oven : If you please, you may put into it two pound of Raisins of the Sun stoned and quartered.

The Ice for the Cake.

Take the Whites of three new-laid Eggs, and three quarters of a pound of fine Sugar

Sugar finely beaten, beat it well together with the Whites of Eggs, and Ice the Cake; If you please, you may add a little Musk or Ambergrease.

Let your Oven be of a temperate heat, and let your Cake stand therein two hours and a half before you Ice it, and afterwards, only to harden the Ice.

My Lady H--'s way to make a Carraway Cake.

Take three pound and a half of the finest Flour, and dry it in an Oven, one pound and a half of sweet Butter, and rub it in the Flour until it be crumbled very small, that none of it be seen; then take three quarters of a pint of new Ale-yeast, and half a pint of Sack, and half a pint of new Milk, six spoonfals of Rose-water, four Yolks and two Whites of Eggs; then let it lie before the Fire half an hour or more; and when you go to make it up, put in three quarters of a pound of Carraway Comfits, and a pound and a half of Biskets; put it in the Oven, and let it stand an hour and half.

To stew Pippins.

Take large Pippins, pare them and cut them in halves, and core them, and lay them in a Stew, or a Preserving-pan, and put as much Water as will cover them,

and let them boil about a quarter of an hour, then pour away the Water; put to them a pint of White wine, a pound of good Sugar, a dozen of Cloves, a quarter of an ounce of Cinnamon, a piece of Orange and Limon-peel, stew them very quick; when they are clear, they are enough; squeeze on some Juice of Limon, and dish them on fine carved Sippets, and stick on smooth Sugar Almonds, and pieces of candid Orange and Limon peel, or candid Citron; pour on the Syrup before you stick on these Things, then strew some smooth Carraways on the Pippins, and on the brim of the Dish, scrape some Sugar, and serve them to the Table.

If you would have them red, put in a piece of preserved Quince, and keep them close covered, and stew them over a slow Fire.

A Toast in Butter or Oil.

Take a cast of fine Rolls or round Manchet chip them and cut them in Toasts, fry them in clarify'd Butter, frying Oil, or Sallet-Oil; but before you fry them, dip them in fair Water, and being fryed, serve them in a clean Dish piled one upon another, and Sugar between.

Another Way.

Toast them before the Fire, and run them over with Butter, Sugar, or Oil.

Cin-

Cinnamon Toasts.

Cut fine thin Toasts, then toast them on a Gridiron, and lay them in Ranks in a Dish; put to them fine beaten Cinnamon, mixed with some Sugar and some Claret, warm them over the Fire, and serve them hot.

French Toasts.

Cut French Bread, and toast it in pretty thick Toasts on a clean Gridiron, and serve them steeped in Claret, Sack, or any Wine, with Sugar and Juice of Oranges.

To make French Bread.

Take two quarts of fine Flour, and half a pint of Ale-yeast; a pint and a half of new Milk, warm the Milk Blood warm, put in the Yeast into the Milk, and half a spoonful of Salt, and stir it together, and strain it through a hair Seive into the Flour, and make it into a little Paste not kneaded, but work it up lightly with your hand, then warm a Linen and Woollen-cloth very hot, and lay it upon your Paste, and set it warm by the Fire to rise, for half an hour, then work it up lightly with your hand again, and have some little wooden Dishes warmed, and pinch off little pieces as big as a Turkey's Egg, flour your Dishes, and put into

every Dish a piece of it, and cover it down warm, and let it stand by the Fire a quarter of an hour; then flour your Peal, and prick it as you set it into the Oven; half an hour bakes it in a pretty quick Oven: while it is hot, chip it.

To make Mustard.

My Lady *Holmeby*, makes her quick fine Mustard thus: Chuse Tree mustard Seed, dry it in an Oven after the Bread is out; beat and searce it to a most subtile Powder, mingle Sherry-sack with it (stirring it a long time very well) so much as to have it of a fit consistency for Mustard; then put a good quantity of fine Sugar to it, as five or six spoonfuls (or more) to a pint of Mustard, stir and incorporate all well together: This will keep good a long time; some do like to put to it a little (but a little) very sharp White wine-vinegar.

To stew Wardens or Pears.

Pare them, put them into a Pipkin, with so much red or Claret-Wine and Water, of each as much as will near reach to the top of the Pears; stew or boil them gently till they grow tender, which may be in two hours, after a while, put in some sticks of Cinnamon bruised, and a few Cloves when they

they are almost done ; put in Sugar enough to season them well and their Syrup ; which you pour out upon them in a deep Plate.

To stew Apples.

Pare them, and cut them in slices, stew them with Wine and Water, as the Pears, and season them in like manner with Spice, towards the end sweeten them with Sugar, breaking the Apples into Pap by stirring them, when you are ready to take them off, put in good store of fresh Butter, and incorporate it well with them by stirring them together ; you stew these between two Dishes ; the quickest Apples are the best.

An excellent Sullabub.

Fit your Sullabub pot with Syder (for that is the best for a Sullabub) and good store of Sugar and a little Nutmeg ; stir it well together, put in as much thick Cream by two or three spoonfals at a time, as hard as you can, as though you milk it in, then stir it well together, exceeding softly once about, and let it stand two hours at least e'er it is eaten, for the standing makes the Curd.

To make a Gooseberry Fool the best Way.

Take a quart of Gooseberries and scald
C 4 them

them tender, and drain them from the Water through a Cullender, and with the back of a Spoon, force all the best part of them through the Cullender, and then take a quart or three pints of new Cream and six Eggs, Yolks and Whites, beat them well and put them to the Cream, cut a large Nutmeg in large pieces into it, and some Rosewater and Sugar, sweeten it according to your Pallet, set all on a gentle Fire, and stir it till you see it of a good thickness; then take it off, and cool it a little, then put it into white earthen Cream-bowls, and when it is cold, serve it to the Table.

To boil Capon or Chicken with Calliflowers.

Cut off the Buds of your Flowers, and boil them in Milk with a little Mace till they be very tender; then take the Yolks of two Eggs, and strain them with a quarter of a pint of Sack; then take as much thick Butter, being drawn with a little Vinegar and a slic'd Limon, brew them together, then take the Flowers out of the Milk, put them to the Butter and Sack, dish up your Capon, being tender boil'd, upon Sippets finely carved, and pour on the Sauce, serve it to the Table with a little Salt.

To bake Venison.

My Lady *Newport* bakes her Venison in a Dish, thus: A Side or a Hanch serves for two Dishes; season it as for a Pasty, lear the Dish with a thin Crust of good fine Paste, but make it pretty thick upwards, towards the brim, that it may be three Pudding Crusts; lay then the Venison in a round piece upon the Paste in the Dish; that must fill it up to fill the Pudding, but lie at ease; put over it a Cover, and let it over-reach upon the Bim with some carved Pastry-work to grace it, which must go up with a Border like a Lace, growing a little upwards upon the Cover, which is a little arched up, and hath a little hole in the top, to pour in unto the Meat the strong well seasoned Broth that is made of the broken Bones, and remaining lean Flesh of the Venison, put a little more Butter or Beef suet to the Venison before you put the Cover on, unless it be exceeding fat: This must bake five or six hours or more, as an ordinary Pasty. An hour or an hour and a half before you go to serve it up, open the Oven and draw out the Dish far enough to pour in at the little hole of the Cover the strong Decoction of the broken Bones and Flesh. Instead of a Decoction in Water, you may boil it by it's self in

Balneo in duplici Vase, or bake it in a pot with Broth and Gravy of Mutton; then set it in again to make an end of its baking and soaking. The Meat within (even the lean) will be exceeding tender and like a Jelly, so that you may cut all of it with a Spoon. If you bake a Side at once in two Dishes, the one will be very good to keep cold, and when it is so, you may (if you please) bake it again to have it hot, not so long as at first, but enough to have it all perfectly heated through: she bakes this in Pewter Dishes of a large Size.

Mutton or Veal may be thus baked with their due Seasonings; as with Onions, or Onions and Apples, or Larding, or a Cawdle, &c. Sweet-breads, Beatilles, Champignons, Treuffles, &c.

To roast a Gagget of Mutton.

Stick your Gagget with Cloves and Rosemary, and lard it, roast it, baste it with Butter, and save the Gravy; put thereto some Claret wine, with a handful of Capers; season it with Ginger and Sugar, when it is boiled well, dish up your Gagget, and pour on your Sauce.

To fry Tongues.

Boil them and blanch them, cut them in thin Slices, season them with Nutmeg, Sugar,

Sugar, Cinnamon and Salt ; then put thereto the Yolks of raw Eggs, the Core of a Limon cut in square pieces like a Die, then fry them in spoonfuls with sweet Butter ; let your Saufe be White wine, Sugar and Butter, heat it hot, and pour it on your Tongues, scrape on Sugar, and serve it.

To boil Geese.

Take them, being powdred, and fill their Bellies with Outmeal, being steeped first in warm Milk or other Liquor ; then mingle it with some Beef-suet, minced Onions and Apples, seasoned with Cloves, Mace, some sweet Herbs minced and Pepper, fasten the Neck and Vent, boil it, and serve it on Brewels with Colliflowers, Cabbage, Turnips and Barberries, run it over with beaten Butter.

To boil Woodcocks, Pidgeons, Snipes, Black-birds, Thrushes, Fieldfares, Rails, Quails, Larks, Sparrows, Wheat-ears, Martins, or any small Land-Fowl.

Woodcocks or Snipes.

Boil them either in strong Broth or Water and Salt, and being boil'd, take out the Guts, and chop them small with the Liver, put to it some Crum of white Bread

Bread grated, a little of the Broth of the Cock, and some large Mace, stew them together with some Gravy, then dissolve the Yolks of two Eggs with some Wine-vinegar, and a little grated Nutmeg, and when you are ready to dish it, put the Eggs to it, and stir it amongst the Sauce with a little Butter, dish them on Sippets, and run the Sauce over them with some beaten Butter and Capers, Limon minced small, Barberries or pickled Grapes whole.

Sometimes with this Sauce boil some slic'd Onions, and Currans in a Broth by it's self; when you boil it not with Onions, rub the bottom of the Dish with a Clove or two of Garlick.

To bake Pidgeons to be eaten cold.

Pidgeons being parboiled, stuff them full of forc'd Mear and Bacon in slices; being seasoned with Pepper and Salt, lay them into your Coffin prepared, and put betwixt each one slice of Bacon seasoned with Pepper and Sage, so close your Pie, put on a Funnel, and when 'tis baked and cold, fill it with melted Butter.

To boil Chickens after the Dutch Fashion.

Take six or more young Chickens and put them in a stew-pan or Pipkin, being
first

first trais'd for boiling ; then put to them as much Water as will just cover them, and when they boil, put in a quart of young green Pease, and a little handful of Parsley finely pick'd and wash'd ; when the Pease be enough, put in a pint of good Cream if but six Chickens, and if twelve, put in a quart, and two quarts of Pease, lay the Chickens into the Dish with Sippets of French bread ; then pour on the Broth, garnish your Dish with Flowers and a little Salt, and serve it to the Table.

To boil fresh Fish ; as Flounders, Plaice, Whitings, Maids, and Thornbacks.

Take your Fish, being clean wash'd and scrap'd, and strow it with Salt, and let it lie half an hour, then set the Water on the Fire, and season it with Salt very well, then put in a little whole Pepper, one great Onion cut in slices, a blade of Mace, some slices of Nutmeg, a blanch of sweet Herbs, make your Liquor boil, then put in the Fish, and boil it, but not too fast ; about a quarter of an hour, if the Fish be thick, if not, then half the time will be long enough, then take them up and lay them in a Dish upon some hot Coals, and dry up the Water with a Sponge as fast as it comes from the Fish ; then put Sippets in the Dish and lay on the Fish.

To

To make Sauce for all sorts of fresh Fish.

Take two Anchovies, and boil them in a little White-wine a quarter of an hour, with a Shalot cut into slices; then melt your Butter very thick, and then put in a pint of pick'd Shrimps, and give them a heat in the Butter, and pour them upon the Fish; sometimes you may put in some Oyster Liquor.

An Excellent and Savoury Fricasie of young Pidgeons.

Having cut off the Wings and Legs of them, cut the Bodies in four quarters, and put them into your Stew-pan or a Pipkin, put in them some Bacon cut in square pieces, with a sufficient quantity of whole Pepper and Salt, and a few Cloves, and a bundle of Parsly and Thyme tied up together, and an Onion quartered; then pour thereon so much Water as may scarce reach the top of the Meat, let it stew easily, shaking it about once or twice; when they are tender, put in a piece of Butter, taking out first the bundle of Thyme and Parsley, and putting into it some fresh Parsley shred very small; then if you have half a dozen of Pidgeons, you must take the Yolks of three Eggs, and beat them well with a little of the Broth, and a little White-Wine
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and Verjuice; then pour more of the Broth to it, and if you see there is too much Broth, and that the Sauce would be too long, then pour out some of it before you put the Eggs in, for one Porringer full of Sauce will suffice for half a dozen of Pidgeons; then pour it into the Meat, and keep it in motion for a little while, to thicken and bind the Sauce, or you may thicken it in a Sauce-pan over a gentle Fire, and your Meat being put into the Dish upon Sippets, pour your Sauce over it, and squeeze Oranges over it.

To stew a rump of Beef.

Take a Rump of Beef and season it with Pepper, Salt, and Nutmeg grated, mingled together, and rub it on the bony Side, and put it in a Pipkin with the fat side downwards; pour upon it three Pints of Vinegar, and as much Water, and three great Onions and a bunch of Rosemary tied up; stew them three or four hours together with a soft Fire, being close covered; then dish it upon Sippets with some of the Gravy, blowing of the Fat from it; Elder-vinegar is better than ordinary Vinegar.

To make Red Deer, that will keep a quarter of a Year, and is excellent Meat.

Take a piece of the Buttock of Beef, the leanest of it ; and beat it with a Rowling-pin the space of an hour, till you think you have broken the Grain of it, and have made it very open, both to receive the Sowseing-drink, and also to make it tender ; then let it lie two days and two nights in Vinegar and Claret-wine, of each one pint with two Nutmegs beaten, then take it out and lard it with Lards as big as your biggest Finger, rowl'd in Pepper and Salt ; then take Pepper, Cloves, Mace, and Nutmeg or Jamaica Pepper ; beat and mix them all together, and season it very well all over, and so bake it in Pye-paste, and let it stand five or six hours in the Oven, then when it is cold, put it in the Sowseing-drink aforesaid, and if it be kept close, it will keep a quarter of a Year.

To bake Fallow-Deer, to be eaten hot or cold.

Take a side of Venison, bone and lard it with great Lard as big as your little Finger, and season it with two ounces of Pepper, two ounces of Nutmegs, and four ounces of Salt ; then have a Pye made, and lay some Butter in the bottom of it, then lay in the Flesh, the inside downward ;
coat

coat it thick with seasoning put to it on the top of the Meat, with a few Cloves, and good store of Butter, close it up and bake it, the Pye being first basted with Eggs, being baked and cold, fill it up with clarified Butter, and keep it to eat cold: To make the Paste, a peck and a pottle of Rye-meal being coursly searsed, and make it up very stiff with boiling Water only; this will serve for a side or half Hanch of a Buck.

To bake a Side or half an Hanch to be eaten hot.

Take a side of a Buck, being boned and the Skin taken away, season it only with two ounces of Pepper and as much Salt, or half an ounce more, lay it on a sheet of fine paste with two pound of Beef suet finely minced and beat with a little fair Water, and laid under it, close it up and bake it; and being fine and tender baked, put to it a good Ladie full of Gravy or good strong Mutton Broth.

To make Paste for it.

Take a peck of Flower by weight, and lay it on the Pastry board, make a hole in the midst of the Flower, and put to it five pound of good fresh Butter, the Yolks of six Eggs and but four Whites, work up the Butter

Butter and Eggs into the Flour, and being well wrought together, put some fair Water to it, and make it into a stiff Paste.

In this Fashion of Fallow Deer you may bake Goat, Doe, or a Pasty of Venison.

A Chicken Pye.

Scald and season your Chickens with Nutmegs, as much Sugar as Cinnamon, Pepper and Salt, then put them into your Pye, then put three quarters of a quartered Lettice, and six Dates quartered, and a handful of Gooseberries, and half a sliced Limon, and three or four branches of Barberries, and a little Butter; you may use four Chickens, three Marrow-bones roul'd in Yolks of Eggs, and Eryngo-roots, and some preserved Lettice, make a Cawdle, and put in when the Pye comes out of the Oven; an hour and a half is enough to stand in the Oven.

A Lamb-Pye.

Take the same Ingredients you did for the Chicken pye, only leave out the Marrow, the Eryngo-roots, and the preserved Lettice, make your Cawdle of White Wine, Verjuice and Butter, put it in when your Pye comes out of the Oven.

To dress a Pike.

Cut him in pieces, and strew upon him Salt and scalding Vinegar; boil him in Water and White-Wine, when he is boiling, put in Sweet Herbs, Onions, Garlick, Ginger, Nutmeg and Salt; when he is boiled, take him out of the Liquor and let him drain, in the mean time, beat Butter and Anchovies together, and pour it on the Fish, squeezing a little Orange and Limon upon it.

To bake Brawn to be eaten cold.

Take your raw lean Brawn that is not useful to collar, and as much fat Bacon, and mince them small together; then beat them in a Mortar, beat a good handful of minced Sage with them; season them with a good handful of Pepper and Salt, and a good quantity of beaten Ginger, pour in a little Vinegar, and break in a couple of Eggs, you may make a cold Butter-Pasty, and drive out a Sheet thereof, and lay in your Meat in the form of a Brawn, and put in Butter and Bay-Leaves a-top, and so close up your Pasty; let it be sent up to the Table with an Apple in its Mouth; if you please, you may bake it in a round Pye, or any other form.

To pickle Lobsters, and preserve them.

In case you are afraid your Lobsters will miscarry after they are boiled, and they will keep no longer, then take Fennel, add Salt thereto, and with a branch or two of Fennel, wash them between the Carcase and the Tail, leave your branched Fennel under the Tail, and set them down in a cold place, or a moister with Salt ; but if you will be at so much charge, you may preserve them in the said Pickle, however, you may preserve the Meat for your use, the Tail and Claws being broke in the Pickle aforesaid, and use them as a Sallet : Thus must you preserve your Prunes, or Shrimps, or Crasfish.

To pickle Conger Eel.

You must scald your Eel, and scrape it till the outward skin is scraped off, then boil your Eel, being cut in pieces, and bound with Tape in Water, Salt, Vinegar, and a handful of green Fennel, and when it is boiled, put it in your Sowfingpan, with a handful of Fennel on the top of the Fish, so serve it up cold to the Table.

To bask a Calf's Head.

Take a Calf's Head, and wash it clean from the Blood, and boil it half an hour
in

in a Cloath ; then take one half and cut it in slices, and put it into a stew pan with some strong Broth, and three blades of Mace and two Anchovies, a bundle of sweet Herbs, half a pint of Oister-Liquor, one pint of White Wine, half a Spoonful of Pepper, a large Onion, a piece of Limon-peel, and set it over a slow Fire, and let it stew slowly two hours, then put in some blanched Cocks-combs, and Cocks stones, and let it stew half an hour longer, then stew a quart of Oisters ; then of Lamb-stones, and Calf's Sweet-breads and Sheeps-tongues parboiled and peel'd, take six of each, then have a Batter made of Cream and Eggs, a little Flour and some Sweet-herbs shred small, and a little Nutmeg ; let there be of this the quantity of a pint, then dip all the Things abovesaid into it, and cut the Tongue of the Calf in four pieces, the long way, dip it into the Batter, then fry these Things in clarified Butter, or Beef dripping, then broil the other half Head over a clear Fire, and lay it in the middle of the Dish ; then thicken your Sauce with a piece of Butter, and the Yolks of two Eggs, the Sauce is that which you stew it in, which you must shake together, and pour on the Head, and lay the fry'd Tongues, Oisters and Sweet-breads, and Lamb-

Lamb-stones up and down the Dish, to garnish your Dish, and put to it some pickl'd Barberries and Flowers, and carved Oranges, and put some Juice of Orange in your Saule.

Stake-Pye of Mutton.

Having made your Pye deep, round and pretty thick, take a Neck and Breast of Mutton, and cut them out into pieces as to fry, hack it with your Cleaver, and season it with Nutmeg, Pepper, Salt, Sweet-herbs minced very small, a handful of Capers, two Onions minced small, the Yolks of three or four hard Eggs chopped; thus seasoned, lay in your Meat, scattering these Materials over it, and laying pretty store of Butter on the top; then close it and let it soke in the Oven three hours at least in a moderate heat.

Tongue-Pye.

Take a Tongue and Udder, after you have either boiled or roasted it, and slice them in thin slices, and season them with Cinnamon, Ginger and Salt; then take half a pound of Raisins of the Sun stoned; your Pye being in readines, lay in a laying of Tongue and Udder, and another of Raisins, continuing so doing till your Pye be filled; put Butter on the top, and close it

it up ; when it is baked, liquor it with this Cawdle which you must make whilst it is baking ; take Eggs, Vinegar and White-Wine, Sugar and Butter, beat these up together till it is ready to boil ; then opening your Pye, pour it all over, and serve it up hot.

A most excellent and savoury Esturee of Veal, the French Way.

If instead of a Fricasie of Veal, you would have an Esturee, take a Leg or a Fillet of Veal, and cut it into thin slices, and beat them with the back of a great Knife, and steem them simply in White Wine and Water, of each an equal part, with a good lump of Butter or Bacon, or some of them both ; seasoning it with Pepper and Salt, a little bundle of Thyme and Parsly, and an Onion if you like it ; when it is enough, put to it some Yolks of Eggs, beaten with White-Wine and Vinegar, and some Nutmeg grated, and some shredded Parsley, pour it into the Meat, and stir it all well together, over the Fire, till the Sauce be thickned : It is an excellent Dish of Meat.

To hash any Land-Fowl.

Take a Capon and hash the Wings in fine thin slices, leave the Rump or the Legs whoel,

whole, put them into a Pipkin with a little strong Broth, some Nutmeg, some stewed or pickled Mushrooms, and a Onion very small slic'd, or as the Capon is slic'd, about the bigness of a Threepence, stew it down with a little Butter and Gravy, and then dish it on fine Sippets; lay the Rumps and Legs on the Meat, and run it over with beaten Butter, beaten with slices of Limon-peel.

To bake a Carp with Oysters

Scale a Carp, scrape off the Slime, and bone it; then cut it into large Dice-work, as also the Milt, being parboiled; then have some great Oysters parboiled, mingle them with the Bits of Carp, and season them together with beaten Pepper, Salt, Nutmeg, Cloves, Mace, Grapes, Gooseberries or Barberries, blanched Chesnuts and Pistaches, season them lightly, then put in the bottom of the Pye a good big Onion or two whole, fill the Pye, and lay upon it some large Mace and Butter, close it up and bake it, being baked, liquor it with White-Wine and Sweet-butter, or beaten Butter only.

To fry Salmon.

Take a Jole, Rand, or Chine, or cut it round through Chine and all, half an Inch thick,

thick, or in square pieces, fry it in clarify'd Butter; being stiff and crisp fryed, make Sauce with two or three Spoonfuls of Claret Wine, some Sweet-butter, grated Nutmeg, some slices of Orange, Wine-Vinegar, and some Oister-liquor, stew them all together, and dish the Salmon, pour on the Sauce, and lay on some fresh slices of Oranges and fryed Parsley, Alef-sander, Sage-leaves fryed in Batter, Pippins sliced and fryed, or Clary fryed in Batter, or Yolks of Eggs and quarters of Oranges and Limons round the Dish Sides, with some fryed Greens in halves or quarters.

To stew a Hare the French way.

Cut your Hare in six or seven pieces, then lard them with great Lardons rolled in Pepper and Salt then put it into your Stew-pan, with Pepper and Salt, and a few Cloves & an Onion, with a bundle of Thyme and Parsley tied together; then pour Water upon it, and half a pint of White-wine, with half a Glass-full of Vinegar, with a few Lawrel-leaves and some Orange peels.

To roast an Eel.

Take a good large Silver Eel, draw it, and flay it in pieces of four Inches long, spit it on a small Spit, with some Bay-leaves, or large Sage-leaves between each
D piece,

piece, spit it cross ways, and roast it, being roasted, serve it up with beaten Butter, beaten with Juice of Oranges, Limons or Elder-vinegar, and beaten Nutmeg; or serve it with Venison-sausage, and dredge it with beaten Carraway-seed, Cinnamon, Flour, or grated Bread.

A Pork-Pye.

Boil your Leg of Pork, season it with Nutmeg and Pepper, and Salt, bake it five hours in a large round Pye.

Sausage for a Shoulder of Mutton.

Take a spoonful of Herbs and as many Capers, half a pint of White-wine, half a Nutmeg and two Eggs, when it is boiled, put a piece of Butter to the Gravey, when it is boiled, take it off, and put the Butter in.

A Turkey-Pye.

Break his Bones, and beat him flat on the Breast, and lard him with great Lard, and put him into Paste, either brown or white, when he is well seasoned with Salt, Pepper, Nutmeg, whole Cloves, and Bay-leaves, and good store of beaten Lard under him, and a slice of Lard over him, and when he is baked, put in a Clove of Garlick, or Schallot into the Funnel, and stop it up close.

But if you will bone your Turkey, open him along the back, and take out all the Bones, only reserve the Rump whole, like the rest of the Flesh, and lard your Turkey with indifferent lard, that is to say, not too big nor too little, then season him exactly like the other.

A Duck-Pye.

Truss and fit your Ducks for a Pye, then give them three or four cuts along the Breast, lard them with reasonable small Lard, and season them with Pepper, Salt, Nutmeg, Cinnamon, and Cloves beaten, Bay-leaves, and put them into Paste, not too fine nor too coarse, either raised or flat made, four-square, with Lard beaten and laid under, and larded over them, cover them up, and indure the Crust with the Yolks of Eggs as you do the others, and let your Pye bake two small hours.

To bake a Goose.

You must make this Pye exactly as you do the Duck pye, only you should put more Salt, and feed him better with Lard and let him bake longer, and when he is baked, put in at the Funnel a Clove of Garlick, and stop up the Funnel.

To bake Umble-Pyes.

Lay minced Beef-suet in the bottom of the Pye, or slices of interlarded Bacon, and the Umbles cut as big as small Dice, with some Bacon cut in the same form, and seasoned with Nutmeg, Pepper and Salt, fill your Pies with it, and slices of Bacon and Butter, close it up, and bake it, and liquor it with Claret, Butter, and striped Thyme.

To counterfeit Beef or Mutton, to give it a Venison Colour.

Take small Beer and Vinegar, and par-boil your Beef in it, let it steep all Night, then put some Turnsole to it, and being baked, a good Judgment shall not discern it from red or fallow Deer.

To preserve tainted Venison.

Bury it in the Ground in a clean Cloth a whole Night, and it will take away the Corruption, Savour and Stink.

A Sallet of cold Capon.

It is a good Sallet, to slice a cold Capon thin, mingle with it some Sibbalds, Lettice, Rocket and Tarragon sliced small, season all with Pepper, Salt, Vinegar and Oil, and sliced Limon, a little Origanum doth well with it.

Tender

Tender Brawn sliced thin, and layed Sallet-wise in a Dish as the sliced Capon, and seasoned with Pepper, Salt, Vinegar, and Oil, with a little Limon; it is also a very good Sallet.

Eel-Pyes.

Take your Silver fresh-water Eels, skin and draw them, then season them with Salt, Pepper, Nutmeg, and a blade or two of large Mace; then cut them into pieces about four Inches long, and lay them into your Pye, and cut into quarters two or three large Onions, lay thereon some sweet Butter, large Mace, Barberries or Gooseberries; being baked, liquor your Pye with Butter, Yolks of Eggs, and Juice of Orange, beaten up together.

Eels baked the common Way.

Take fresh-water Eels, and cut them into pieces about the length of your Finger, season them with Pepper, Salt and Ginger, put them into a Coffin with half a pound of Sweet butter, and add to them great Raisins of the Sun, an Onion minced small, or Leeks cut grossly, and so bake it.

Oyster-Pyer.

Save the Liquor of your largest Oysters, season it with Pepper and Ginger, and
D 3 put

put your Oisters therein, with two or three blades of large Mace ; then lay the Oisters, with those Ingredients into a Pye ; add to them an Onion minced small, some Currans, and a quarter of a pound of Butter ; when it is baked, cut open the Lid, and put in a spoonfull of Vinegar, with some drawn Butter, shake it well together, and serve it up.

To dress a Dish of Artichoaks.

Take and boil them in a Beef-pot ; when they are tender sodden, take off the tops, leaving the bottoms with some round about them, then put them into a Dish, put some fair Water to them, two or three Spoonfuls of Sack, a spoonful of Sugar ; so let them boil upon the Coals, still pouring on the Liquor to give it a good Taste ; when they have boil'd half an hour, take the Liquor from them, and make ready some Cream boiled and thickned with the Yolk of an Egg or two, whole Mace, Salt and Sugar, with some lumps of Marrow, boil it in the Cream, when it is boiled, put a good piece of sweet Butter, and toast some Toasts, lay them under your Artichoaks, and pour your Cream and Butter on them, garnish it, &c.

To

To bake Venison in Pots, to keep all the Year.

After you have boned and skinn'd it, proportion it as you would have it to the bigness of your Pots, then to make your Season for it, take of black Pepper two parts, and one of white, take of Nutmegs, Cloves, and Ginger a like quantity ; mingle it with your Pepper, so as not to make it so high as the Pepper, and put thereto a sufficient quantity of Salt ; with this Season your Venison, and as you lay it into the Pots, have some small Flakes of Mace, and Bay-leaves and young Onions, and lay a Layer of them in the bottom, middle and top, and on the top add to it a little whole white Pepper ; let your Pots be set into a very hot Oven and let them stand full seven hours ; then draw them, and turn the pot with the bottom upwards ; after a while, all the Gravy will be run out, and then take the Pot easily off, and pull from the Meat the Onions and Leaves, as clean as you can, and put your Pots gently on again, and let them stand so long, until the Fat of that which comes out of the Pots be so cold, that it may be taken off the Gravy ; then melt this fat again, and so far as it will go when it is clean scumm'd, put in each Pot an equal Proportion ; then take of good sweet Butter such a quantity as will

fill up the Pots, to be three Inches above the Venison; but be sure the Butter be very well clarify'd, then after two Days standing, tie it very close with Paper and Leather, that it take no Air.

Do it the same Way, leaving out the Onions if you please.

Carp's boiled.

As for your Carps, you may boil in what manner you please in Wine-vinegar, Verjuice in your Water, with a little Sage, Hyfop, but when they are boil'd enough, you should eat them with a green Sauce, or else with Parsley and Vinegar.

To stew Carp.

Take a brace of Carps of a Foot long, let them be a-live, and scrape off the Scales, then wash them, then cut them in the Head, and lay them in a Dish, and let them bleed, then open their Belly and take out the Guts, and wash them with a quart of Claret, and put them in a Stewing-pan, and pour the Claret on them that you washed them with, and put three blades of Mace into the Pan to them, and wash three Anchovies clean and put in, and half an ounce of whole white Pepper, and a piece of Limon-peel, and a large Onion cut cross and cross, and a large Nutmeg cut

cut in quarters, and a little bundle of Sweet Herbs ; then cover them close, and let them stew over a slow Fire two hours, and take a quart of large Oysters, and stew them in their own Liquor half a quarter of an hour, then pour them into a Sieve to drain them from the Liquor, which you must save, and put into the Stew-pan to the Carps, and let them stew a quarter of an hour with it ; then wash the Oysters with clean warm Water, take them one by one out of the Water, and lay them to drain on a Sieve ; then take a quarter of a pint of Liquor from your Carps, and melt a pound of Butter with it thick ; then dish your Carps with Sippets round the Dish, and put your stewed Oysters into your Butter, and pour your Butter over your Carp, and garnish your Dish with pickled Barberries, slices of carved Limon, Flowers and Parsley, and serve them to the Table:

To roast Oysters.

Take the greatest Oysters you can get, being opened, parboil them in their own Liquor, save the Liquor, and wash the Oysters in the same Water, wipe them dry, and being cold, lard them with eight or ten Lardons through each Oyster, the Lard being first seasoned with Cloves, Pepper

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and

and Nutmeg, beaten very small, being larded, spit them on two wooden Skewers, bind them to an Iron-spit and roast them, baste them with Anchovy-sause, made of some of the Oister-liquor, let them drip in it, and being enough, bread them with the Crust of a Roll grated, then dish them, blow the fat off the Gravey, put it to the Oisters, and wring on the Juice of a Limon.

A made Dish of Rice in Puff-Paste.

Boil your Rice in fair Water very tender, scum it, and being boil'd, put it in a Dish, then put to it Butter, Sugar, Nutmeg, Salt, Rosewater and the Yolks of six or eight Eggs, put it in a Dish of Puff-paste, close it up and bake it, being baked, ice it and cast on red and white Biskets, and scraping Sugar.

Sometimes for change you may add boil'd Currans and beaten Cinnamon and leave out Nutmeg.

To broil a Leg of Pork.

Having skinn'd part of the Fillet, cut it into thin slices, and hack it with the Back of your Knife; then take some Pepper and Salt and mingle them with Thyme and Sage minced extraordinary small, having season'd your Collops therewith, put them
on

on a Gridiron, being enough, dish them up, and sause them with drawn Butter, Vinegar, Mustard and Sugar.

Eels broil'd.

Split a large Eel down the Back jointing the Back-bone, being drawn and the Blood washed out clean, leave the Skin on, cutting it in four equal pieces, salt them and baste them with Butter, broil them on a soft Fire, being enough, serve them with beaten Butter and Juice of Limon, with Sprigs of Rosemary round about them.

*My Lady M ——— boileth a Capon with
White Broth thus :*

Make reasonable good Broth, with the Scrag ends of Necks of Mutton and Veal, (of which you must have so much as to be at least three quarts of White-broth in the Dish with the Capon when all is done, else it will not come high enough upon the Capon,) beat a quarter of a pound of blanched Almonds with three or four spoonfuls of Cream, and if you will, a little Rosewater, then add some of the Broth to it, so to draw out all their Substance, mingle it with the rest of the Broth, boil your Capon in fair Water by its self, and a Marrow-bone or two by themselves
in

in other Water, likewise some Chesnuts (instead of which, you may use Pistacheos, or macerated Pine kernels) and in other Water, some Skirrets or Endive, or Parsley-roots, according to the Season; also plump some Raisins of the Sun, and stew some sliced with Sugar and Water; when all is ready to join, beat two or three new laid Eggs, whites and all, with some of the White-broth that must then be boiling, and mingle it with the rest, and let it boil on; and mingle the other prepared things with it, and also a little sliced Orangiado (from which the hard candy'd Sugar hath been soaked off) with warm Water, or a little Pill of Orange, or some Limon pickled with Vinegar and Sugar, such as serves for Sallets, which you throw away after it hath been a while boiled in it; and put a little Sack to your Broth, and some Ambergrease, if you will, and a small portion of Sugar; and last of all, put in the Marrow in lumps that you have knocked out of the boiled Bones; then lay your Capon (taken hot from the Liquor he is boiled in) upon Sippits, and slices of roasted, dried light Bread; and pour your Broth and mixture upon it, and cover it with another Dish, and let all stew together a while; then serve it up.

Of

Of Boyling the Capon in the weak Broth of Mutton and Veal, instead of Water; so to make the Broth the better.

You may remember to Season your Broth in the due time with Salt and such Spices as you like.

To butter Eggs upon Toasts.

Take twenty Eggs, beat them in a Dish with some Salt, and put Butter to them, then have two large Rolls, or fine Manchets, cut them into Toasts, and toast them against the Fire, with a pound of fine Sweet Butter, being finely buttered, lay the Toasts in a fair clean Dish, put the Eggs to the Toasts, and garnish your Dish with Pepper and Salt, otherwise half boil them in the shells, then butter them, and serve them on Toasts, or Toasts about them; to these Eggs sometimes use Musk and Ambergrease, and no Pepper.

To Bake a Pig to be eaten hot.

Flay a small fat Pig, cut it in Quarters, or in smaller pieces, season it with Pepper, Ginger, and Salt, lay it into a fit Coffin, strip and mince a small handful of Parsly, six sprigs of Winter Savory, strow it on the Meat in the Pye, and strow upon hat the Yolks of three or four hard Eggs
minced

minced, and lay upon them five or six blades of Mace, a handful of clusters of Barberries, a handful of Currans well washed and picked, a little Sugar, half a pound of sweet Butter or more, close your Pye, and set it in an Oven, as hot as for Manchet, and in two hours it will be baked; draw it forth, and put in half a pint of Vinegar and Sugar, being warmed upon the Fire, pour it all over the Meat, and put on the Pye-lid again; scrape on Sugar, and serve it hot to the Table.

To Stew a Breast of Veal.

Take a breast of Veal half roasted, and put it in a stewing with some Wine and Gravy, three or four Yolks of Eggs minced small a pretty quantity of sweet herbs with an Onion, Anchovies or Limon, stick it either with Thyme or Peels, and season it to your liking.

To butter a Dish of Eggs.

Take twenty Eggs more or less; Whites and Yolks as you please, break them into a Silver Dish, with some Salt, and set them on a quick Charcoal Fire, stir them with a Silver Spoon, and being finely buttered put to them the Juice of three or four Oranges, Sugar, grated Nutmeg, and sometimes
beaten

beaten Cinamon, being thus drest, strain them at the first, or afterwards, being buttered.

To make a Florendine, or Dish without Paste, or on Paste.

Take a Leg of Mutton or Veal, shave it into thin slices, and mingle it with some sweet Herbs, as sweet Marjoram, Thyme, Savory, Parsley, and Rosemary, being minced very small, a clove of Garlick, some beaten Nutmeg, Pepper, a minced Onion, some grated Manchet, and three or four Yolks of raw Eggs, mix all together, with a little Salt, some thin slices of interlarded Bacon, and some Oister liquor, lay the Meat round the Dish on a sheet of Paste, or in the Dish without Paste, bake it, and being baked stick Bay Leaves round the Dish.

A Carbonade for Supper.

Make Cutlets of Pork that is well roasted or boiled, and broil it a little upon a Grid-iron, then take Onions and mince them small and set them a stewing with a little Verjuice; and when they are stewed put to them a little Mustard and white Powder, this done, put your Cutlets into a Dish and your Sawce to them, and some dried Toasts under them.

To

To stew Mutton or Lamb.

Take a Loin, Neck or Breast of Mutton or Lamb and cut it into pieces not too thick, and put it into a Stew-pan, and put as much water or strong Broth as will almost cover them, then put in some Pepper grossly beaten, a large Onion cut in quarters, and a blade of large Mace, two or three Shallots, a bundle of sweet Herbs and as much Salt as will make it Savory, good store of Spinage, and a handful of Sorrel, and a handful of Parsly pick'd fine, and the inward Shell of a Mangoe, and if it be time of the year when you can have Cabbage Lettice, put in half a dozen hard Cabbage-Lettice, stew all these over the Fire for two hours, close covered, and then it will be enough, then lay some carved Sippets in the Dish, and lay the Meat in order in the Dish. and pour on the Broth and Herbs; in the Winter garnish your Dish with pickl'd Barberries and Parsly, and in the Summer with Flowers and Parsly, and Red Cabbage cut in thin slices, and strow on some Salt on the brim of the Dish; this way you may stew Rumps of Beef, only add to it some Turnips and Carrots cut in slices, or if you please, in the room of Lettice put in a Savoy

Savoy cut in pieces, or a fine White young Cabbage.

To make a Galimaufree of Mutton.

Take a Leg or Gigate of Mutton that is ready drest, and hash the one part as small as you can, and put it into a Dish with Onions minced small, and the other part of your Mutton cut into bigger pieces, and break the bones also into pieces, and set it a stewing together with a little Verjuce, Pepper, and white Powder, and season it with Salt, and so let it stew.

To bake Ox-Cheeks.

Being first cleansed from the slime and filth, cut them in pieces, take out the Bones, and season them with Pepper, Salt, and Nutmeg, then put them in a Pye with a few whole Cloves, a little seasoning, slices of Bacon, and Butter over all; bake them very tender, and Liquor them with Butter and Claret Wine.

To dress Poor John to make it very tender and good Meat.

Put it into a Kettle in cold Water, and so hang it over the Fire, and let it soak and stew without boiling for three Hours, but the Water must be very hot, then make

it boil two or three Warms ; by this time it will be very tender and swelled up ; then take out the Backbone, and put it to fry with Onions, if you put it first into hot Water (as Ling and such Salt-Fish) or being boiled, if you let it cool and heat it again, it will be tough and hard.

Buckorn is to be watered a good hour before you put it to the Fire, then boil it till it be tender, which it will be quickly, then Butter it as you do Ling ; and if you will put Eggs to it.

To make fine Pyes after the French Fashien.

Take a pound and half of Veal, two pound of Suet, two pound of great Raisins stoned, half a pound of Prunes, as much of Currans, six Dates, two Nutmegs, a spoonful of Pepper, an ounce of Sugar, an Ounce of Carraways, a saucer of Verjuice, and as much Rosewater, this will make three fair Pies, with two quarts of Flower, three Yolks of Eggs, and half a pound of Butter.

To bake Apricocks Green.

Take young Green Apricocks, so tender that you may thrust a Pin through the stone, scald and scrape the outside, oft putting them in Water as you peal them till your Tarts be ready, then dry and fill the

Tart

Tart with them, and lay on good store of fine Sugar, close it, and bake it, scrape on Sugar, and serve it up, before you close it, cut your lid in branches, or works, that it may look somewhat open, and it will look the Greener.

To make Puff-Paste.

Break two Eggs into three pints of Flour, make it with cold Water, and rowl it out pretty thick and square, then take so much Butter as Paste, lay it in ranks, and divide your Butter in five pieces, that you may lay it on at five several times, rowl your Paste very broad, and stick one part of the Butter in little pieces all over your Paste, then throw a handful of Flour slightly on, fold up your Paste, and beat it with a Rowling pin, so roll it out again, thus do five times and make it up.

To make four Dishes of a Leg of Mutton.

Take a Leg of Mutton, cut out the flesh and the Bone, but save the skin whole, divide the Meat in three pieces, and take the tenderest and cut it in thin slices, and beat it with a Rowling-pin, season it with Nutmeg, Pepper and Salt, and mince Thyme and Limon-peel, fry it till it be tender, then beat two Eggs with a Spoon-
ful

ful of Verjuice, then throw two Anchovies into the Pan, shake it all together, and put it into the Dish with Sippets round the Dish; being with Barberries scalded, Parsley and hard Eggs minced.

Another part of the same Meat stew in a Dish with a little White-wine, a little Butter and sliced Limon, one Anchovy, two Oysters, two blades of Mace, a little Thyme in a bunch, and one whole Onion, take out the Thyme, and the Onion when it is stewed; do it altogether on a Chafing-dish of Coals till it be tender, then dish it; garnish your Dish with hard Eggs and Barberries, and sliced Limon, and Sippets round the Dish.

Take another part of the same Meat, mince it small with Beef-suet, and a handful of Sage, two or three quarters of a pound of Suet, add one pound of Meat, you may use a spoonful of Pepper and Salt, mix this altogether, and stuff the Skin of the Leg of Mutton hard, Skewer it close and spit it at a quick Fire, which will roast it in an hour.

Take another part of the same Meat, then put in the Pepper and Salt with a grated Nutmeg, some sweet Herbs, and a Limon peel; mince a Penny-loaf grated, one spoonful of Sugar, a quarter of a pound

pound of Raisins, and a quarter of Currans, mince all together with the Meat and the Suet, and the rest of the Ingredients; put to it two spoonfuls of Rosewater, and as much Salt as Spice; then make it up in little long Bolls or Rolls, and butter your Dish, and lay them in with a round Boll in the midst, set them in a Oven half an hour, then pour out the Liquor which will be in the Dish, and melt a little Butter, Verjuice and Sugar, and pour upon it; garnish your Dish, stick in every long Roll a Flower of Paste, and a branch in the middle.

To fry Mulletts.

Scale, draw, and scotch them, wash them clean, wipe them dry, and flour them, fry them in clarified Butter, and being fryed, put them in a dish, put to them some Claret-wine, slic'd Ginger, grated Nutmeg, a Anchovy, Salt and some sweet Butter, beat up thick, give the Fish a walm with a minced Limon, and dish it, but first rub the Dish with a Clove of Garlick.

*My Lord of St. Alban's Way to boil Beef
most tender and short.*

Take a Rump or Brisket of Beef, keep it without Salt as long as you may without danger to have it smell ill; for so it grows mellow
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and tender, which it would not do, if it were presently salted; when it is sufficiently mortified, rub it well with Salt; let it lie so but a Day and a Night, or at most two Nights and a Day; then boil it pretty smartly at first, but afterwards but a simpring or stewing boiling, which must continue seven or eight hours; sometimes he boils it half over Night, and the rest the next Morning; if you should not have time to salt it, you may supply that want thus; when the Beef is thorough boiled, you may put so much Salt into the pot, as to make the Broth like Brine, and then boil it gently an hour longer, or take out the Beef, and put it into a deep Dish, and put to it some of his Broth made Brine, and cover it with another Dish, and stew it so an hour: A Hanch of Venison may be done the same way.

Wild-Duck boiled.

Having drawn and truss your Wild Duck, parboil it, then half roast it; after this, carve it and save the Gravey; take store of Onions, Parsley, sliced Ginger and Pepper; put the Gravey into a Pipkin with wash'd Currans, large Mace, Barberries, a quart of Claret; let all boil together, scum it clean, put in Butter and Sugar, and dish it up.

To

To boil Soals.

Draw and flay them, then boil them in Vinegar, Salt, White wine, and Mace, but let the Liquor boil before you put them in, being finely boil'd, take them up, and dish them in a clean dish on fine carved Sippets; garnish the Dish with large Mace, slic'd Limon, Gooseberries, Grapes, or Barberries, and beat up some Butter thick with Juice of Oranges, White-wine, or Grape-verjuice, and run it over the Fish; sometimes you may put some stewed Oysters on them.

To boil Perches.

Let your Liquor boil, and your Pan be seasoned with good store of Salt, Wine-Vinegar, a faggot or two of sweet Herbs, a sliced Limon, and Ginger, boil them up very quick; then blanch them on both sides, and dish them upon Sippets, then take a little White-wine, Gravy and Vinegar, with a grated Nutmeg, and a handful of Oysters cut in sunder; put this all over your Dish, and let it be ready to boil in the Fish you send it up in, so shake it together, and pour drawn Butter all over it; garnish it with Barberries and Limons.

A Carp-Pye.

Take Carps and season them, and take
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out the Bones, and pound the flesh of them in a Stone or a wooden Mortar, with some of the Blood with it, which must be according to Discretion, because it must not be too thin or too soft, then lard it with the Belly of a very fat Eel, and season it and bake it like red Dear, and eat it cold.

To dress a Dish of Tripe hot out of the Pot or Pan.

Being tender boil'd, make a Sauce with some beaten Butter, Gravy, Pepper, Mustard, and Wine-vinegar, rub a Dish with a Clove of Garlick, and dish them therein, then run the Sauce over them with a little bruised Garlick amongst it and a little Wine-vinegar sprinkled over the Meat.

To stew Salmon in short Broth.

Boil it in Wine, Water and Vinegar till it be tender, then put into it a piece of Butter, which will enter into the Fish, then take it out and put it into a Cloth, and eat it with Vinegar; you may make also a Sauce to it, with Butter and Anchovies, which is an excellent Sauce for it.

To make Links.

Take the Fillet or a Leg of Pork, and cut into Dice-work, with some of the Fleak of the Pork cut in the same Form; season

season the Meat with Cloves, Mace and Pepper, a handful of Sage fine minced, with a handful of Salt; mingle all together, fill the Guts and hang them in the Air, and boil them when you spend them: These Links will serve to stew with divers kinds of Meats.

Sause for Green-Geese.

Take Sorrel, pick it and wash it, and swing it in a coarse Cloth and stamp it, and strain the Juice; then have some Gooseberries tender scalded, but not broke; then melt some Butter very thick with the Juice of Sorrel, then sweeten it well with Sugar, and put in the Gooseberries, put it into the Dish, and lay the Geese upon it; and garnish the Dish with scalded Gooseberries and a little scrap'd Sugar; this Sause will serve for a boiled Leg of Lamb.

Rabbets roasted.

Spit them not back to back, but Skewer them up side to side, so will they roast much better; being roasted enough, take Butter and minced Parsley, being first boil'd or roasted in their Bellies, and add thereto the Livers minced very small, and so serve them up.

To bake Artichocks, Potatoes, in a Dish, Pye or Patty-pan, either in Paste or little Pasties.

Take any of these Roots, and boil them in fair Water, but put them not in till the Water boils, being tender boil'd, blanch them, and season them with Nutmeg, Pepper, Cinnamon and Salt, season them lightly, then lay on a Sheet of Paste in a Dish, and lay on some bits of Butter, then lay on the Potatoes round the Dish, also some Eringo-roots and Dates in halves, Beef-marrow, large Mace, slic'd Limon and some Butter; close it up with another Sheet of Paste, bake it, and being baked, liquor it with Grape Verjuice, Butter and Sugar, and Ice it with Rose-water and Sugar.

To boil a Rabbet.

Boil it in Water and Salt, mince Thyme and Parsley together, a handful of each, boil it in some of the same Liquor; then take three or four spoonfuls of Verjuice, a piece of Butter, two or three Eggs, stir the Eggs together in the Liquor, set it upon the Fire till it be thick, then pour it upon the Rabbet, so serve it in.

Ling fryed.

Take a Jole of Ling boil'd and cold, and cut it out into pieces about the bigness of
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of your Thumb ; then make a Battter of a very little Flour, and eight Yolks of Eggs ; your Pan being over the Fire with clarified Butter, and very hot, dip your Ling into the Batter, and fill your Pan therewith, or you may fry it without Batter, only flouring it, and so fry it in clarified Stuff ; being enough, dish it up, and lay on your Ling half a Score potched Eggs ; then run over the Ling with drawn Butter ; you may oil your Ling instead of Butter, if you please.

To boil Conger to be eaten hot.

Take a piece of Conger, being scalded and washed from the Blood and Slime, lay it in Vinegar and Salt, with a slice or two of Limon, some large Mace, slic'd Ginger and two or three Cloves ; then set some Liquor a boiling in a Pan or Kettle, as much Wine and Water as will cover it ; when the Liquor boils, put in the Fish, with the Spices and Salt ; when it is boil'd, put in the Limon, and serve the Fish on fine carved Sippets, then make a Lear or Sause with beaten Butter, beaten with Juice of Oranges or Limons, serve it with slic'd Limon on it, slic'd Ginger and Barberries, and garnish it with the same.

To fry Conger.

Being scalded, and the Finns shaved off, splat it, cut it into Rolls round the Conger, flour it, and fry it in clarified Butter crisp, sause it with Butter beaten with Vinegar, Juice of Orange or Limon, and serve it with fryed Parsley, fryed Elicksanders or Clary in Butter.

To stew a Dish of Flounders.

Take your Flounders, being drawn and washed, and scotch them on the white side, and lay them in a deep Dish, put to it a little White-wine, a couple of Onions cut in halves, a bunch of sweet Herbs, a Race of Ginger sliced, a little whole Pepper, a handful of Oisters minced, and as much Salt as will season it; cover these close, and stew them up with as much speed as may be, then dish them up on Sippers, and take so much of the bottom of your Lear as will serve you; thicken it with the Yolk of an Egg, and put drawn Butter to it, and pour it over your Flounders; so garnish it with Limon, and strow on the Brims of your Dish beaten Ginger.

For a sweet Lamb-Pye.

Cut your Loin or Leg of Lamb, season it in little pieces, with a little small Pepper,
some

some Salt, Cloves, Mace, Nutmeg and minced Thyme ; your Coffin being made, put in your Lamb, strow on a handful of Currans, lay over it all some small Balls of sweet forced Meat. In the Winter-time, take boiled Potatoes cut in pieces, and quartered Dates, a little Orangado and Cistern ; but in the Summer, some pieces of Artichocks, Grapes, or hard Lettice ; put in some Blades of large Mace, and close up your Pye ; let your Lear be Sugar and Verjuice beaten up together, with the Yolks of two Eggs and a Ladle of drawn Butter, put it into your Pye, when it is baked, shake it together, put on your Lid, and serve it.

To roast Larks with Bacon.

Pull your Larks and draw them, and spit them on a small Spit, with a slice of Bacon and a Sage leaf between each Lark ; being roasted, dish them up with a Sauce made of the Juice of two or three Oranges, Claret and a little sliced Ginger ; then set it on the Fire a little while, and beat it up with a piece of Butter, and so serve them up.

With the same Sauce you may broil your Larks on a Gridiron, opening their Breasts and laying them abroad.

To make Flummery that will thicken Sauce excellently, instead of Flour or grated Bread.

Take a good handful of beaten Oatmeal, and put it into a quart of Water, and boil it very well, till you have boiled almost one half of it away; then strain it through a Hair-sieve, and let it stand by you, and as you need it, make use of it; it is far better than grated Bread, or Flour, or in some Cases, than Eggs.

Scotch Collops of Mutton.

Bone a Leg or Loin of Mutton, and cut it cross the grain of the Meat, slice it in very thin Slices, and hack them with the back of a Knife; then fry them in the best Butter you can get, but first salt them a little before they be fryed, or being not too much fryed, pour away the Butter, and put to them some Mutton-broth or Gravy, only give them a warm in the Pann and dish them hot.

Sometimes for change, put to them grated Nutmeg, Gravy, Juice of Oranges, and a little Claret wine, and being fryed as the former, give it a warm, run it over with beaten Butter, and serve it up hot.

Otherwise, for more Variety, add some Capers, Oisters and Limon.

To

To boil a Capon, Pullet or Chicken.

Boil them in good Mutton broth, white Mace, a faggot of sweet Herbs, Sage, Spinage, Marigold-leaves, and Flowers white or Green, Endive, Borrage, Bugloss, Parsley and Sorrel, and serve it on Sippets.

Sause for a boiled Leg of Mutton in the Winter.

Take Samphire, Capers and boiled Parsley, shred half the Capers and all the Samphire, you must have two penny worth of each, shred the Parsley with them, then melt half a pound of Butter thick with a little Vinegar and a little of the Mutton-broth; then put in the shred Parsley, Capers, and Samphire, and if you like sweet Sause, then sweeten it to your Taste, then have a Dish ready with carved Sippets, laid under the Mutton, and pour on the Sause all over the Meat, and strew on the whole Capers, or if you please, you may eat it without Sugar, which is most in fashion now; garnish your Dish with pickled Barberries and Capers, and Parsley.

In the Spring, Take young Spinage, and pick it and wash it clean from the Gravel, then take a Skillet of boiling Water, season it with a little Salt, and put in the Spinage, boil it a quarter of an hour; then put it in

a Cullender, and squeeze away the Water, and melt some Butter thick, and put to the Spinage, and strow it in the Dish upon a Chafing-dish of Coals ; then put it in handsome order in the Dish, lay on the Meat, and put some of the Spinage shred into the rest of the Butter, and pour it all over the Meat ; garnish the Dish with Parsley, Flowers and carved Limon.

Ducks or Widgeons Fricasie'd.

Quarter them first, race them, beat them with the back of your Cleaver, having dryed them well, put them into a Pan, with sweet Butter, and fry them, when they are almost fryed, put into them a handful of minced Onions, some little Thyme ; after put in some Claret-wine, with some thin slices of Bacon, and some Spinage and Parsley boiled green and minced small ; when it hath fryed a little while, break in a Dish three Yolks of Eggs, with a grated Nutmeg and a little Pepper, put these into the Pan, then toss it up with a Ladle full of drawn Butter ; pour on your Lear, and let your Bacon be on the top of your Ducks.

Soups or butter'd Meats of Spinage.

Take fine young Spinage, pick and wash it clean, then have a Skillet or Pan
of

of fair Liquor on the Fire, and when it boils, put in the Spinage, give it a warm or two, and take it out into a Cullender, let it drain, then mince it small and put it in a Pipkin with some slic'd Dates, Butter, White-wine, beaten Cinnamon, Salt, Sugar, and some boil'd Currans, stew them well together, and dish them on Sippets finely carved, and about it hard Eggs in halves or quarters, not too hard boil'd, and scrape on Sugar.

Soops of Carrets.

Being boil'd, cleanse, stamp, and season them in all Points as before; thus also Potatoes, Skirrets, Parsnips, Turnips, Virginia Artichoaks, Onions or Beets, or fry any of the foresaid Roots, being boil'd and cleansed, or peeled and flowered, and serve them with beaten Butter and Sugar.

Sause for a boil'd Legg of Mutton, or Lamb in the Summer.

Take some good Colliflowers, and cut the stalks off by the Flowers, wash them clean, and tye them up in a clean Cloth, then have some Milk and Water boiling on the Fire, put in the Colliflowers, boil them till they be tender, but not broke, take them up in a Cullender and let them drain;

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then

then set your Dish upon a Chafing-dish of Coals, and lay in your Colliflowers all round the Dish, then lay the Meat in the middle, then have some Sparrow-grass ready boiled, cut off the tops above half an Inch long, melt almost a pound of good fresh Butter, put half of it upon the Colliflowers in the Dish, then put the Sparrow-grass into the rest of the Butter, and pour it upon the Meat; garnish the Dish with Flowers and Parsley; this Sauce will be good for boil'd Chickens, adding a hundred of Sparrow-grass to it, which you must lay between the Colliflowers, twenty in a parcel, and garnish the Dish as before; only lay Sippits as before in the Dish.

Plaice boil'd.

Take good large Plaice, and boil them in White-wine Vinegar, large Mace, two or three Cloves and Ginger slic'd, being boil'd, serve them in beaten Butter with juice of Sorrel strain'd, Bread, slic'd Limon, Grapes or Barberries.

To roast a Loin of Veal.

Spit it and lay it to the Fire, baste it with sweet Butter, then set a Dish under it with sweet Butter, two or three Sage-leaves

leaves, and two or three tops of Rosemary and Thyme ; let the Gravy drop on them, and when the Veal is finely roasted, give the Herbs and Gravy a warm or two on the Fire, and serve it under the Veal.

Another Sauce for a Loin of Veal.

All manner of sweet Herbs minced very small, the Yolks of two or three hard Eggs minced very small, and boil them together with a few Currans, a little grated Bread, beaten Cinnamon, Sugar and a whole Clove or two ; dish the Veal on this Sauce, with two or three Slices of an Orange.

Lobsters broiled.

Take the Tails of your Lobsters and split them long ways in two, then crack your Claws, and put them over the Gridiron with the Barrel whole, salted ; baste them with sweet Butter, Thyme, Rosemary, Parsley, being enough, serve it up with Butter and Vinegar.

Lobsters fried.

Take out the Meat of the Barrels, and put thereto some Claret-wine, the Yolks of two Eggs, a little minced Fennel and grated Nutmeg ; then let it boil up with the Meat of the Tails and Claws with
drawn

drawn Butter and Vinegar, dish them up on Sippets in Saufers on a Plate, garnish them with Fennel and Bay-leaves.

To boil a Gammon of Bacon.

Water your Gammon of Bacon twenty four hours, then put it into a deep Kettle, with some sweet Hay, let it boil softly six or seven hours, then take it off with a Scummer and a Plate, and take off the Skin whole; then stick your Gammon full of Cloves, strow on some gross Pepper, then cut your Skin like Sippets, and garnish your Gammon, and when you serve it, stick it with Bayes.

To bake a Gammon of Bacon.

You must first boil it two hours before you stuff it; stuff it with sweet Herbs, and hard Eggs, chop'd together with Parsley.

To Souse a Brawn.

Take a fat Brawn of two or three Years growth, and bone the Sides, cut off the Head close to the Ears, and cut five Collars of a Side, bone the hinder Leg, or else five Collars will not be deep enough, cut the Collars an Inch deeper in the Belly than on the Back; for when the Collars come to boiling, they will shrink more in the Belly than in the Back; make the
Collars

Collars very even when you bind them up, not big at one end and little at the other, but fill them equally, and lay them again a soaking in fair Water before you bind them up, let them be well watered the space of two days, and twice a day soak and scrape them in warm Water, then cast them in cold fair Water before you roll them up in Collars; put them into white Clouts or sew them up with white Tape:

Or bone him whole, and cut him cross the Flitches; make but four or five Collars in all, and boil them in Cloths, or bind them up with white Tape, then have your boiler ready, make it boil, and put in your Collars of the biggest bulk first, a quarter of an hour before the other lesser, boil them at the first putting in the space of an hour with a quick Fire, and keep the boiler continually filled up with warm clean Liquor, scum off the Fat clean still as it riseth; after an hour, let it boil leisurely, and keep it still filled up to the brim; being fine and tender boil'd, that you may put a Straw through it, draw your Fire, and let your Brawn rest till the next Morning; then being between hot and cold, take it into Moulds of deep Hoops, bind them about with Packthred,
and

and being cold, take them out and put them into Soufe-drink made of boil'd Oatmeal, ground or beaten, and Bran boil'd in fair Water, being cold, strain it through a Cullender into the Tub or earthen Pot, put Salt to it, and close up the Vessel close from the Air.

Or you may make other Soufe drink of Whey and Salt beaten together, it will make your Brawn look more white & better.

To Collar Pork.

You may take a piece of Pork out of the Side, being watered all Night and well squeezed from the Blood, seasoned with a good handful of Sage, sweet Marjoram, Thyme and Parsley minced together very small; then having cut out of a Fillet of Veal so many thin Collops, hack'd with the back of a Knife, and washed over with Yolks of Eggs, cover your said Collar with your eggy side of your Veal downwards; then wash over your Veal on the uper side with Eggs, and throw on your seasoning with so much Salt as you may imagine may season it, and it will congeal together, by reason of the Eggs; so collar it and bind it up, and when it is boiled, soufe it with some of the said Liquor and a little Vinegar, beaten Pepper, and Ginger; you may slice a Collar there-
of

of when you dish it ; it will fill three or four great Dishes or Chargers, or you may send it up in a Collar ; garnish about your Dish with Sage and Flowers, and stick your Pork with Bay-leaves, or Rosemary and Flowers.

To make a grand Sallet.

Take half a pound of Butter, and clap it down in the middle of a large Pewter-dish, then have some shred red and white Cabbage, some Parsley pick'd fine and laid upon the Butter, so as to cover it, then stick a branch of Laurel in the middle of the Butter ; then have these things as followeth, as pickl'd French beans, pickl'd Sparrow-grass, Broom-buds, Mushrooms, pickl'd Schollops, pickl'd Oisters, Anchovies wash'd and split, Capers, Luke Olives, Mangoes, Bamboos ; if it be in the Spring, when Sallet is very young ; then have a little Spring Sallet finely pick'd, and lay in one quarter ; you must divide your Dish into so many Pars, as to lay a little of all these Things alone by themselves, one Mango is enough, it must be laid in whole, garnish your Dish in Summer with Flowers and slic'd carv'd Limons, and in the Winter, with carved Limon, and red and white Cabbage in Vinegar, to make it keep its colour, some pickled Barberries ;
garnish

garnish your Dish, and set it upon a stand in the middle of the Table; let it be the first and last Dish upon the Table.

Roast Sturgeon.

First make it boil well, and when it is well boil'd, take it out and clean it, and put it upon a Broche, stick a few Cloves into it, and so roast it, and in roasting, baste it with Butter and Vinegar melted together, and make your Sauce with the Fat that falls from it, and Vinegar, small Spice, Cinnamon and Sugar, some Rosemary minced small; and if you will thicken it a little, put in some toasted Bread, and make all this boil together, and when your Sturgeon is ready, put it off, and put your sauce over it with Sugar, and so serve it away.

Sturgeon boil'd.

This sort of Fish is the most esteemed of any Fish in the Sea, and therefore you may either eat it boil'd or roast, as you were told how to roast it before; so if you will eat it boil'd, you must boil it in Wine, Verjuice, Salt and Water, with Hyssop and Fennel, and when it is boil'd, let it cool, and when it is cool, eat it with Vinegar and Parsley.

To pickle Oysters.

Take eight quarts of the fairest Oysters that can be gotten, fresh and new, at the full of the Moon, parboil them in their own Liquor, then wipe them dry with a clean Cloth, clear the Liquor from the Dregs, and put the Oysters in a well seasoned Barrel, that will but just hold them, then boil the Oyster Liquor with a quart of White-wine, a pint of Wine-vinegar, eight or ten blades of large Mace, an ounce of whole Pepper, four ounces of white Salt, four races of slic'd Ginger, and twenty Cloves, boil these Ingredients four or five walms, and being cold, put them to the Oysters,, close up the Barrel, and keep it for your Use.

When you serve them, serve them in a fine clean Dish with Bay-leaves, round about them Barberries, slic'd Limon, and slic'd Orange.

Salmon boil'd.

If you have a whole one, you may cut out a Chine, and keep it to broil, cut the rest into pieces or messes, and boil it in Water, Wine Vinegar and Salt and when it is boil'd, you may eat it with a yellow Pepper, or some will eat it with Wine and Onions, or it is very good with a little powder of Spice with it in Paste.

To

To boil a Calf's-Head with Oysters.

Take the Head and boil it with Water and Salt, a little White-wine or Verjuice, and when it is almost enough, then cut some Oysters, and mingle them together, and a blade or two of Mace, a little Pepper and Salt, and a little Liquor of the Oysters; then put it together, and put it to the Calf's-head, and the largest Oysters upon it, and a slit Limon and Barberies to serve it in.

Cod's-Head dress'd after the best manner.

Cut your Head so large beyond the Gills, that you may have a pretty quantity of the Body with it; then boil it in Water and Salt, then have in readines a quart of Cockles, with the shell'd Meat of two or three Crabs, put these into a Pipkin with almost half a pint of White-wine, a bunch of sweet Herbs, two Onions, a little large Mace, a little grated Nutmeg and some Oyster Liquor, then boil it till the Liquor is wasted, add to it two Ladlesfuls of drawn Butter, then dish up your Cod's-head on Sippets, draining it first very well over a Chafingdish of Coals; then cut your Pease or Spawn in thin Slices, and the Liver in pieces, take likewise the Gill and pick out the Bones, and cut it as you did the other;

other ; dish up your Spawn round about the Cod's-head, and some on the top, and put all over it the Gill and Liver, then pour your Lear on it with some drawn Butter upon that again, sticking all your Gill bones with Oysters fryed in Butter, stick them on the Spawn also, then grate on Nutmeg, and dish it up very hot ; garnish your Dish with Limon and Bay-leaves.

To bake a Calf's-head in Pye or Pasty to eat hot or cold.

Take a Calf's-head and cleave it, then cleanse it and boil it, and being almost boiled, take it up, and take it from the Bones as whole as you can ; when it is cold, stuff it with sweet Herbs, Yolks of hard Eggs, both finely minced with some Lard or Beef-suet, and raw Veal, season it with Nutmeg, Pepper and Salt, break two or three raw Eggs into it, and work it together, and stuff the Cheeks ; the Pye being made, season the Head with the Spices abovesaid, and first lay in the bottom of the Pye some thin slices of Veal, then lay on the Head and put on it some more seasoning, and coat it well with the Spices, close it up with some Butter and bake it, being baked, liquor it with clarified Butter, and fill it up.

If

If you bake the foresaid Pye to eat hot, give it but half the seasoning, and put some Butter to it with Grapes, or Gooseberries, or Barberries; then close it up and bake it, being baked, liquor it with Gravy and butter beat up thick together; with the Juice of two Oranges.

Stew a Lamb's Head.

Take a Lamb's head, cleave it, and take out the Brains, wash and pick the Head from the Slime and Filth, and steep it in fair Water, shift it twice in an hour, as also the Appurtanance; then set it a boiling on the Fire with some strong Broth, and when it boils, scum it, and put in a large Mace or two, some Capers, quarters of Pears, a little White-wine, some Gravy, Marrow, and some Marigold Flowers, being finely stewed, serve it on carved Sippets, and broth it, lay on it slic'd Limon, and scalded Gooseberries or Barberries.

Sturgeon soufed to keep a long time.

Having drawn your Sturgeon, cut down your Sturgeon on the Back in equal Sides and Rands; then wash it from the Blood with Water and Salt, then boil it in Water, Vinegar and Salt till it be tender, then lay it in some place to cool, when cold, barrel it up close with the Liquor it was boiled in.

Veal

Veal Pye.

Cut your Fillet into pieces about the bigness of Walnuts, and season them with Cinnamon, Ginger, Sugar and Salt ; as to the Form, you may make what Choice you please, lay in your Meat with Chesnuts roasted, blanched and quartered, Dates sliced, and the Marrow of two Marrow-bones, close it, and when baked, make a Caudle of White-wine, Cinnamon, Sugar and Ginger beaten up together and poured into the Pye.

To soule a Breast of Veal, Side of Lamb, or any Joint of Mutton, Kid, Fawn, or Venison.

Bone a Breast of Veal, and soak it well from the Blood, then wipe it dry, and season the Side of the Breast with beaten Nutmeg, Ginger, some sweet Herbs minced small, whole Coriander-seeds, minced Limon-peel and Salt, and lay some broad slices of sweet Lard over the seasoning, then roll it into a Collar, and bind it up in a white clean Cloth, put it into boiling Liquor, scum it well, and then put in slic'd Ginger, slic'd Nutmeg, Salt, Fennel, and Parsley Roots, being almost boil'd, put in a quart of White-wine, and when it is quite boil'd, take it off, and put in slices of Limon, the Peel of two Limons whole, and

and a dozen Bay-leaves, boil it close covered to make the Veal look white.

Thus you may do a Breast of Mutton, either rolled, or with the Bones in, and season them with Nutmeg, Pepper and Salt, roll them and bake them in a Pot with Wine and Water, or any Sea or Land Fowl, being stuffed or farced, and filled up with Butter afterwards, and served dry, or Lard the Fowls, bone and roll them.

To make Sack-Poffet.

Take eight Eggs, Yolks and Whites, and beat them well together, strain them into a quart of Cream, season them with Nutmeg and Sugar, put to them a pint of Sack, stir them all together, and put them into your Bason, and set them in the Oven no hotter, than for a Custard, let it stand two hours.

Fry Artichoaks, or Spanish Potatoes.

When they are boiled and sliced, fitting for that purpose, you must have your Yolks of Eggs beaten with a grated Nutmeg or two; when your Pan is hot, you must dip them into the Yolks of Eggs, and charge your Pan; when they are fryed on both Sides; your Lear to your Artichoaks is drawn Butter, and to your Potatoes, Butter and Vinegar, Sugar and Rose-water, these

these for need may serve for second course Dishes.

To Carbonade a Goose.

Your Goose being roasted and carved, scotch it with your Knife long-ways, and cross it over again, (so that it may be like Checquer-work) both within and without, then wash it over with Butter, strow it with Salt, put it into a Dish, with the skinny side downwards, so set it before your Fire in your Dripping-pan, that it may take a gentle heat ; when it hath stood a while, turn the other side ; then lay it on your Gridiron, and put it on a moderate Fire of Charcole ; when it is done, take it off the Fire, and baste the upper side with Butter, and dredge it over with Flour and grated Bread ; then turn it and froth it on the Fire, and dish it up in order ; your Sause must be Butter and Vinegar, Mustard and Sugar ; being mingled together, put it in your Dish, so lay on a little drawn Butter, and garnish it with Limon, you may lay on Sausages round your Dish, if you please.

To Carbonade Turkeys.

You must observe the same Order as you did in the Goose, your Sause must be a little Gravy and strong Broth, boiled up with an Onion, and a little grated Bread, with

with sliced Nutmeg, an Anchovy, and a Ladle of drawn Butter, add a little Salt, dish up your Turkey, and put your Sause all over it; strow it over with Barberries, and garnish it with Limon.

To Carbonade Hens.

Let your Sause be a little White-wine and Gravy, half a dozen of the Yolks of hard Eggs minced, boiled up with an Onion; add to it a grated Nutmeg, thicken it up with the Yolks of an Egg or two, with a Ladle of drawn Butter; dish up your Hens and pour over your Sause, strow on Yolks of Eggs minced, and garnish it with Limon.

To make a Fricasie of Neats-Feet.

Take them, being boil'd and blanched, fricasie them with some Butter, and being finely fried, make a Sause with six Yolks of Eggs, dissolved with some Wine-vinegar, grated Nutmeg and Salt.

To roast a Hen or Pullet.

Take a Pullet or Hen full of Eggs, draw it and roast it, being roasted; brake it up, and mince the Brains in thin slices, save the Wings whole, or not mince the Brains, and leave the Rump with the Legs whole;

whole ; stew all in the Gravy, and a little Salt : Then have minced Limon, and put it into the Gravy ; dish the minced Meat in the midst of the Dish ; and the Thighs, Wings, and Rump about it ; garnish the Dish with Oranges and Limon quartered, and serve them up covered.

A Fricasie of Lamb stones, or Sweet-breads, or Chickens, or Veal, or Mutton.

Boil the Meat in little Pieces (if Chicken, flayd and beaten) in the Pan with a pint of fair Water, with due seasoning, when it is very tender, put some Butter to it, and pour upon it a Liquor made of four Yolks of Eggs beaten with a little White-wine and some Verjuice ; and keep this in motion over the Fire, till it be sufficiently thickned ; then pour it into a warm Dish, and squeeze some Juice of Orange upon it, and so serve it up ; if you would have the Meat first made Brown, fry it first with Butter, till it be brown on the outside ; then pour out all the Butter and put Water to it, in which boil it, and do all as before : If you like Onions or Garlick, you may put some to the Water ; Flesh-broth may be used (both ways) instead of Water, and make it more savory.

Butter-Whitings with Eggs.

Boil Whitings as if you would eat them in the ordinary way, with thick Butter-sause, pick them clean from Skin and Bones, and mingle them well with Butter, and break them very small, and season them pretty high with Salt ; in the mean time, butter some Eggs in the best manner, and mingle them with the buttered Whitings, and mash them well together ; the Eggs must not be so many by a good deal as the Fish ; it is a most savoury Dish.

A Herring-Pye.

Put great store of sliced Onions, with Currans and Raisins of the Sun, both above and under the Herrings, and store of Butter, and so bake them.

Butter and Oil to fry Fish.

The best Liquor to fry Fish in, is to take Butter and Sallet-Oil, first well clarified together : This hath not the unsavoury Taste of Oil only, nor the Blackness of Butter only ; it fryeth Fish crisp, yellow, and well tasted.

Mushrooms pickled.

Take what quantity of Mushrooms you please, blanch them over the Crown, barb them beneath ; if they are new, they will look

look as red as a Cherry, if old, black; this being done, throw them into a Pan of boiling Water; then take them forth, and let them drain, when they are cold, put them up in your Pot or Glass; put thereto Cloves, Mace, Ginger, Nutmegs, whole Pepper; then take White wine, a little Vinegar, with a little quantity of Salt; so pour the Liquor into your Mulhrooms, and stop them close for your use all the Year.

Artichocks pickled.

Take your Artichocks before they are over grown, or too full of Strings; and when they are pared round, that nothing is left but the bottom, boil them till they be indifferent tender; but not full boil'd, take them up, let them be cold; then take good Stale beer and White-wine, with a great quantity of whole Pepper, so put them up in a Barrel, with a small quantity of Salt, keep them close, and they will not be sour; it will serve for baked Meats and boiled Meats all the Winter.

To pickle Walnuts to eat like Mangoes.

Take green Walnuts before the Shell is grown to any hardness in them, pick them from the Stalks and put them into cold Water, and set them on a gentle Fire, till

the outward Skin begins to Peel off ; then take coarse Cloths and wipe it off, then put them into a Tub or Pot, and put Water and Salt to them, changing once a day, for ten or twelve days, till the bitterness and discolouring of the Water be gone: Then take a good quantity of Mustard-seed, and beat it with Vinegar till it becomes coarse Mustard, some Cloves of Garlick, and some Ginger, and a little beaten Cloves and Mace ; make a hole in each Nut, and put in a little of this, then take White-wine and White-wine Vinegar and boil it together, and as you are going to take it off from the Fire, put in Pepper, Ginger, Cloves, Mace, and some of the Mustard and Garlick, according to your Discretion ; then put the Nuts into it boiling hot, then cover the Kettle till they are cold, then put them into a Jar Glass, or a well glazed Pot, and keep them under the Liquor close ty'd down, with Leather for your use.

To pickle any sort of Flowers.

Put them into a Gally-pot or double Glass, with as much Sugar as they weigh, fill them up with Wine-vinegar ; to a pint of Vinegar, a pound of Sugar, and a pound of Flowers, so keep them for Sal-

lets or boil'd Meats in a double Glass covered

covered over with a Bladder and Leather.

To pickle Quinces.

Take your Quinces and scald them, then pack them in a steep stone Pot that hath a narrow Mouth, or in a Jar, and take some of the worst of the Quinces, and cut them to pieces, and also some Quince parings, and put into such a quantity of small Beer, as will fill up the Vessel, and boil the Parings and pieces of Quince in it, till you have made it a good strong Decoction, then set it by till it is quite cold, and then put it to the Quinces, and lay the pieces of Quinces and the Parings uppermost upon the Quinces, and fill up the Vessel with the Pickle, but be sure lay something to cover them, so that all be kept under Pickle, you may use them at your Pleasure.

To pickle Cabbage stalks.

About *Michaelmas*, you may take your Cabbage-stalks a handful or more from the Cabbage, or so far as the Pith is good, shave off the out-side, and cut them in quarters, half boil them in Water and Salt, then cut the Pith from the outward Peel, and pickle it in White wine, a little stale Beer, bruised Pepper, large Mace, a few Fennel seeds and Salt; you may slice out this with your pickled Sallets.

To pickle Limons, which afterwards may be preserved.

Put the Limons in a deep Earthen-pot, and lay a Cover over them to keep them under the Pickle; then make a Pickle of Water and Salt so strong as will bear an Egg, and put to them, and let them abide in it a Month or six Weeks, or two Months, and use them at your pleasure.

They are good to mix with a grand Sallet, if minced.

To pickle Elder, or any other Buds of Trees in the Spring, that use to serve for Spring Sallers.

Give them one or two warms with Vinegar, Salt, whole Pepper, long Mace, and a Limon-peel cut in pieces, then drain them, and let the Buds and the Liquor cool severally; afterwards put them in a Pot, and cover them with your Pickle.

To pickle Grapes, Goosecherries, Barberries, red and white Currans.

Pick them and put them in the Juice of Crab-cherries, Grape-Verjuice or other Verjuice, and then barrel them up.

To pickle French Beans.

Take French Beans before they be ripe, and cut off the Stalks, then take good White.

White-wine Vinegar, and boil it with Pepper and Salt, season it to your Pallate, and let it stand till it is cold; then take the Beans and pack them also into an Earthen-pot, and put Dill between your Layings, and put in the Pickle, and cover them close for three Weeks; then take the Pickle and boil it, and put it to the Beans when it is boiling hot, and cover them close, and when they are cold, they will be fit to eat.

An excellent way to pickle Cucumbers:

Take right English Cucumbers, wipe or wash them clean, then take as much Water as will cover them, and as much Salt as will make it bear an Egg, then boil it and scum it, and put it to your Cucumbers into a deep Earthen-pot, and let them stand three Days and three Nights close covered, so that the steem cannot get out; then take as much White-wine Vinegar as you did Water, with Cloves, Mace, Nutmegs, Ginger, and a little more white Pepper than any other Spice, boil your Spice with your Vinegar, then put the Brine away from them, and lay the Cucumbers into the Pot, and between each Lay, put Dill and Fennel and Horse-radish, then put your Vinegar with a pennyworth of Roach-Alum; then take a pennyworth of Salt-

Peter, with the Spice, pour the Pickle scalding hot upon your Cucumbers, cover them close to keep in the Steem, and lay a Board upon them to keep them under the Pickle, or else they will grow moldy ; let them stand about a Month, and they will be fit for use, they will keep very long, being done this way, a Year at least.

To pickle Samphire, Broom-buds, Kitkeys, Crucifix, Pease, Purslane, or the like.

Take Samphire and pick the Branches from the dead Leaves or Straws, then lay it in a Pot or Barrel, and make a strong Brine of white or Bay-salt, in the boiling, scum it clean, being boil'd and cold, put it to the Samphire, cover it and keep it for all the Year, and when you have any occasion to use it, take and boil it in fair Water, but first let the Water boil before you put it in ; being boiled and become green, let it cool, then take it out of the Water, and put it in a little Bain or double Viol with a broad Mouth, put strong Wine-vinegar to it, close it up close, and keep it.

To pickle Limon and Orange-peel.

They being boil'd with Vinegar and Sugar, put them up into the same Pickle ; you must observe to cut them in small long Thongs,

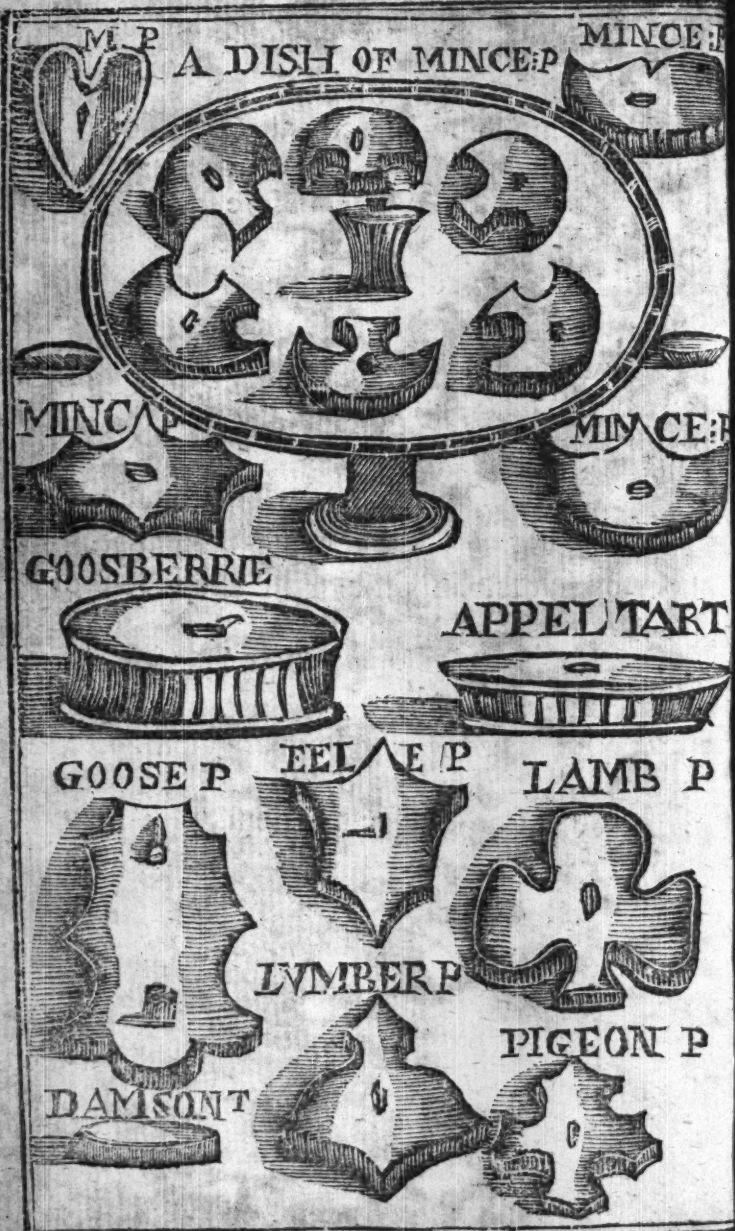
Thongs, the length of half the Peel of your Limon, being pared ; it is an handsome savoury Winter sallet ; these ought to be first boiled in Water before you boil them in Sugar.

To pickle Turneps.

Take them when they are in their prime, pare and slice them pretty thin ; then take as much White-wine Vinegar as will cover them, put a good quantity of Dill, and a little Pepper bruised ; put them into an Earthen-pot, and lay a board upon them to keep them down under Pickle ; then tie them up close, and they will keep all the Year.

To keep Asparagus all the Year.

Parboil them but very little, and put them in clarified Butter, cover them with it, the Butter being cold, cover it ; about a Month after, refresh them with new Butter, and bury them under ground in a pot covered over with Leather.



*To make Variety of Pies, Pasties, Tarts,
Cheese-Cakes, Custards, Creams, &c.*

To make a Strawberry-Tart.

WASH the Strawberries, and put them into the Tart, season them with Cinnamon, Ginger, and a little red Wine, then put on Sugar, bake it half an hour, Ice it, scrape on Sugar, and serve it.

A Tart of the Cream of Apples.

Pare your Pippins and put them a boiling with White-wine; when you have put away the Cores, and when the Apples are well boil'd, beat them in a Mortar with Sugar and Cinnamon, and Orange-flowers, and strain it through a Strainer, and put it into a Pan sheeted, and so bake it, and when it is baked, Ice it over, and so serve it away.

A Tart of Artichoke-bottoms.

When your Artichokes are well boil'd, white and peeled, put them into fine Paste, with sweet Herbs, Ciboules minced small, season them with Pepper, Salt, Nutmeg and Butter; cover them up, and when the Tart is ready baked, put in a white Sauce or Lear, with a little Vinegar when you serve it away.

Tart

Tart of Eggs.

Take Orange-flowers, a piece of Sugar, a little Butter and the Yolks of Eggs, beat this together like Cream, and put it into a Patty-pan, sheeted with fine Paste, very thin, grate some green Citron over it, and bake it; and when it is ready, Ice it over, and so serve it away.

To make a Codling-Pye.

Take green Codlings, and coddle them, peel them, and put them again in the same Water, cover them close, and let them simmer on Embers till they be very green; then take them up, and let them drain, pick out the Noses, and leave on the Stalks, then put them in a Pye, and put to them fine Sugar, whole Cinnamon, slic'd Ginger, a little Musk and Rose-water, close them up with a cut Cover, and as soon as it boils up in the Oven, draw it, and ice it with Rose-water, Butter and Sugar.

A Taffety-tart.

Having wetted your Paste with Butter and cold Water, roll it very thin; then lay Apples in Lays, and between every Lay of Apples, strow some fine Sugar and some Limon-peel cut very small; let them bake an hour, then Ice them with Rose-water, Sugar and Butter, and wash them

them over with the same; then strow more fine Sugar on them, and put them into the same Oven again; you may serve them either hot or cold.

Medlar Tart.

Your Medlars that are rotten, are only fit for the purpose, which you must strain into a Dish, and then set them over a Chafing-dish of Coals, season it with Sugar, Ginger and Cinnamon, adding thereto some Yolks of Eggs beaten; having boiled half a quarter of an hour, lay it into your Paste, being baked, scrape on Sugar.

To make Tarts of Rice.

Boil the Rice in Milk or Cream, being tender boil'd, pour it into a Dish, and season it with Nutmeg, Ginger, Cinnamon, Pepper, Salt, Sugar, and the Yolks of six Eggs, put it in the Tart, with some Juice of Orange, close it up and bake it, being baked, scrape on Sugar, and so serve it up.

Tart of Oranges.

Pare your Oranges, and Cut them in Slices, take out the Seeds, and put them into fine Paste, very thin, with Sugar, two Mackrooms beaten, Cinnamon, some Pistaches cut, cover it up with the same Paste, and when it is baked, serve it away with perfumed Sugar.

A Tart of green Limons.

This Tart is to be made like the other, but do not put in any Pistaches, but instead thereof, put in some green Citron grated, and when it is baked serve it away in like manner, as is above said.

A Gooseberry-Tart baked green and clear as Crystal.

When you have formed your Tarts into what Form you think fit, strow some Sugar in the bottom of them; then take large round Gooseberries pick'd, and lay them therein one by one, covering the bottom, and sprinkle thereon some Sugar, then lay on another Lay, and cover that with Sugar, and so continue doing, till your Coffins be full; let the Lid of your Tarts be carved, and bake them quick, by which means they will be green and clear, so will Codlings bake green, if you order them as you do the Gooseberries, and cutting the Lids; but if you would have your Fruit bake red, bake them slowly, and let their Lids be close.

A green Cream Tart.

Beat Pistaches in a Mortar, and strain them through a Strainer with the Juice of Beet-leaves, add to this two Mackrooms, the Yolks of two Eggs, a little Salt, and a piece of fresh Butter, and so make Cream of it, and put it with Sugar into fine Paste,
but

but very thin, and when it is baked, put to it Orange-flowers, and perfumed Sugar, and so serve it away.

Tart made of Quinces, Wardens, Pears and Pippins.

Take eight Pippins, five Quinces, four Wardens, six Pears, pare them and slice them in thin slices, then season them with beaten Cinnamon, Orange and Citron, candied and minced, or for want of that you may use the raw Peels of Limon, or Orange, minced small; lay on the Top of all two pound of Sugar, then close up your Paste, Pasty-pan or Dish, bake it and Ice it, scraping on Sugar.

A Tart of Almond-Cream.

Beat a pound of blanch'd Almonds in a Mortar, and strain them through a Strainer with Milk, and make it boil in an Earthen-pot, or in a Skillet, keep it stirring till it be a Cream, then put in Sugar, Cinnamon whole, when this is done, put it into Almond-paste, but marble it a little with the Juice of Rasberries or red Gooseberries, and Orange-flowers in serving it away.

A Tart of Natural-Cream.

Boil about a quart of Milk a third part away, then put in the Yolks of six Eggs, a little Salt, Sugar, and a piece of fresh Butter, and stir it all together, and let it cool

cool, then make your Tart, and when it is baked, put over it Sugar, Musk, and Orange-flour Water, and so serve it away.

A made Dish of Pippins.

Take Pippins, pare and slice them ; then boil them in Claret-wine, in a Pipkin or between two Dishes, with some Sugar and beaten Cinnamon, when 'tis boiled good and thick, mash it like Marmalade, and put in a Dish of Puff-paste, or short Paste, with a cut Cover, and being baked, ice it.

A Tart of green Pease.

Boil your Pease tender, and drain them well in a Cullender, season them with Salt and Saffron, and put some Sugar and sweet Butter ; then bake it almost an hour, then draw it forth of the Oven, & Ice it, put in a little Verjuice, and shake them well together ; then scrape on Sugar, and serve it.

Apple Tart.

Pare and cut your Apples in slices, and boil them with White-wine, green Citron, Cinnamon and Sugar, then put it into a Pan sheeted very thin with fine Paste, and cover it over with a thin Cover of Puff-paste, indure it, and let it bake, and when it is baked, serve it away with Orange-flowers & Sugar.

A Spinage Tart.

Take the Leaves of Spinage, and put them into an Earthen pot, with half a
Glas

Glass of White-wine, and then let them stand a withering till all the White-wine be consumed ; then take your Spinage and mince it small, and season it with Sugar, Cinnamon, green Citron, a little Salt, two Mackrooms, and a piece of Butter, put this into fine Paste in a Patty-pan, and bard it over, and when it is baked, put to it the Juice of Limons, and so serve it away.

Prune Tart.

Stew two pound of Prunes in as much Claret-wine as will cover them ; being tender, strain them, then wash and rub them all together, and pour in some of the Liquor they were stewed in, to wash the Prunes from the Stones, and this will be instrumental to carry all off but the Skins and Stones ; then set what you have strained over a Chafing-dish of Coals, with a little whole Cinnamon, large Mace, a little Orangado and Citron minced ; season it with Sugar, Rosewater, beaten Cinnamon and Ginger, let it boil up till it be thick, after this, take out your whole Spice ; let not the Walls of your Tart be above an Inch and half high, and dry it first in an Oven ; you may make it corner'd Fashion, either in six or in eight, then put in your Stuff and let no Corner be empty, but with your Spoon place it every where, put it

it into the Oven, and let it stand a little, when you draw it, stick it with Lozenges, and scrape on Sugar.

A Butter Tart.

First you must beat a little green Citron, a little Salt, Cinnamon, two Mackrooms, a piece of Butter that is fresh and good, with the Yolks of four raw Eggs, beat all this well together, and put this into a Pan, sheeted with fine Paste, and bard it over with long Slices of Paste, and when it is baked, put to it some Orange-flowers, and Sugar in serving it away.

A Tart of Claret-wine.

Take half a glass of Claret-wine, as much Juice of red Gooseberries, two Mackrooms, the Yolks of four Eggs, and make this like Cream, season this with Sugar, green Citron, grated Cinnamon, a little Salt, and a small piece of Butter, and put it into fine Paste, and put to it Orange-flowers when you serve it away.

To scald and green several sorts of Fruit, as Plumbs of all sorts, and Pippins, or Fenneting Apples.

Take them when they are green upon the Tree, and put them into a Skillet of cold Water, covered very close over a gentle Fire, till they are thorough scalded, and will peel, and when you have peeled them,

them, then heat a fresh Skillet of fair Water, scalding hot, and put them into it, and cover them very close, and set them on a few Embers, till they are green, which will be in one, two or three hours ; these are for to put in Tarts.

To make Cheese-Cakes.

Take twelve quarts of Milk from the Cow, turn it with a good Spoonful of Runnet ; break it well, and put it into a large Strainer, in which roll it up and down, that all the Whey may run out into a little Tub ; when all that will is run out, wring out more, then break the Curds well, then wring it again, and more Whey will come ; thus break and wring till no more come, then work the Curds exceedingly with your hand in a Tray, till they become a short uniform Paste ; then put to it the Yolks of eight new laid Eggs, and two Whites, and a pound of Butter ; work all this long together, in the long working (at the several Times) consisteth the making them good ; then season them to your Taste with Sugar finely beaten, and put in some Cloves and Mace in subtil Powder ; then lay them thick in Coffins of fine Paste, and bake them.

To make Orange or Limon Tarts.

Take preserved Oranges, not candied,
and

and wash them out of the Syrup in warm Water; then dry them in a clean Cloth, and then cut them into thin Slices, lay them into little thin shallow Tarts or in Pattypans, then cover them with fine Sugar, and squeeze on some Juice of Limon, to every Tart, have good Limon, and before you lay in any Orange, lay some slices of raw Limon all over the bottom, which must be cut very thin, and all the Seeds taken out; this way you may make Limon Tarts of preserved Limons, close them and cut the Lid in fine Works and bake them, half an hour will bake them, when baked, draw them, then wash the Lids with this Iceing; Take the Whites of two Eggs, as much double refined Sugar, beat and sifted, as will make it into a thin Batter, a little Musk or Ambergrease rub'd in the Sugar, one spoonful of Rosewater, beat all these together, and with a Brush, wash the Lids of the Tarts all over, then set them into the Oven till you see the Iceing to rise and look white, and when cold, serve them to the Table, scrape Sugar on the brim of the Dish.

My Lady M — Excellent Slip-coat Cheese.

Take of good Morning-milk, putting Cream to it; a quart of Cream is the proportion my Lady useth to as much Milk as both

both together ; make a large round Cheese of the bigness of an ordinary Tart-plate, or Cheese-plate ; as big as an ordinary first Cheese, that the Market-women sell, which they call Cream-Cheese : Thus for want of Stroakings at *London*, you may take one part of Cream to five or six of Morning-Milk, and for the rest, proceed as with Stroakings and these will prove as good.

To make Excellent small Cakes.

Take three pound of very fine Flour dry'd by the Fire, and put to it a pound and a half of Loaf-Sugar sifted in a very fine Sieve, and dried, three pound of Currans well washed and dryed in a Cloth, and set by the Fire, when your Flour is well mixed with the Sugar and Currans, you must put in a pound and a half of unmelted Butter, ten spoonfuls of Cream, with the Yolks of three new-laid Eggs beat with it, one Nutmeg, and if you please, three spoonfuls of Sack ; when you have wrought your Paste well, you must put it in a Cloth, and set it in a Dish before the Fire, till it be thorough warm, then make them up in little Cakes, and prick them full of Holes ; you must bake them in a quick Oven unclosed.

To make Apple-Cream.

Take twelve Pippins, pare and slice them ;

them ; then put them in a Skillet and some Claret-wine, and a race of Ginger shred thin, and a little Limon-peel cut small, & a little Sugar ; let all these stand together till they be soft, then take them off, and put them in a Dish till they be cold, then take a quart of Cream boiled with a little Nutmeg awhile, then put in as much of the Apple-stuff to make it of what thickness you please, and so serve it up.

To make Curd Cakes.

Take a pint of Curds, four Eggs, take out two of the Whites, put in some Sugar, a little Nutmeg and a little Flour, stir them well together, and drop them in and fry them with a little Butter.

*To make cold Butter Paste for Patty pans,
or Pastyes.*

Take to every Peck of Flour five pound of Butter, the Whites of six Eggs, and work it well together, with cold Spring-water ; you must bestow a great deal of Pains, and but little Water, or you put out the Miller's Eyes ; this Paste is good only for Patty-pan and Pasty.

Sometimes for this Paste, put in but eight Yolks of Eggs, and but two Whites and six pound of Butter.

To

To make Custard Paste.

Let it be only boiling Water and Flour, without Butter, or put Sugar to it, which will add to the Stiffness of it, and thus likewise all Pastes for Cuts and Orangado Tarts or such like.

To make Paste for thin bak'd Meats.

The Paste for your thin and standing bak'd Meat, must be made with boiling Water; then put to every Peck of Flour, two pound of Butter, but let your Butter boil first in your Liquor.

To fry Apple-pies.

Take Apples and pare them, and chop them very small, beat in a little Cinnamon, a little Ginger, some Sugar, and a little Rosewater; take your Paste and roll it thin, and make them up as big Pasties as you please, to hold a Spoonful or a little less of your Apples, and so fry them with Butter, not too hastily, least they be burned.

To make a Florendine.

While you have some Currans boiling, pare half a score Pippins, and cut them from the Core into the aforesaid Water and Currans, boil them tender, and put them in a Cullender, there let them drain very well, then put them into a Dish, and when they are cold, season them with Sage, Rose-water,

water, Cinnamon and Carraway-seeds ; then roll out two Sheets of Paste, the one of which, place in the bottom of your Dish, and all over the Brims, then put in your Ingredients, laying them round and high, wet it round, and cover it with your other Sheet, close it, and carve it about the Brims of your Dish in what form or fashion you please ; prick the Lid, and when it is baked, scrape on Sugar.

To make Almond-Cream.

Take half a pound of Jordan Almonds and blanch them, beat them in a Mortar with four spoonfuls of Rose or Orange-flower Water ; then take a quart of Cream, and put to the Almonds, and stir them well together ; then strain it through a Hair-sieve, and set it on a slow Fire, and let it just boil ; then take it off, and sweeten it, but not too sweet, then put it out into little China-dishes, and when it is cold, serve it to the Table.

Cream called Sack Cream.

Whilst three pints of Cream is boiling on the Fire, beat the Yolks of eight or nine Eggs, with some Sack, and put it into your Skillet, keeping it stirring till it come to a Curd, then run it through a Strainer, and save your Curd, being severed from your Whey, season it with beaten Cinnamon

Cinnamon, Ginger, Nutmeg, Sugar and Rosewater, so lay it in your Dish, and strow on Cinnamon and Sugar.

Or only take a quart of Cream and set it on the Fire, and when it is boiled, drop in two spoonfuls of Sack, and stir it well, so that you keep it from curdling, then season it with Sugar and Rosewater.

Raspberry-Cream.

You must boil up your Cream as the former, then take a pretty quantity of Raspberries and mingle with your Cream; bruise them well; when your Cream is almost cold, season it with Sugar and Rosewater; stir them well together; strow on Sugar, and dish it up.

Limon-Cream.

Take six Limons, and pare them very thin, and steep the Parings in a quart of fair Water, that it may be very strong of the Limon-peel, then squeeze in the Juice of the Limons, then add to it three spoonfuls of Orange-flower Water, and the Whites of eight Eggs, and two Yolks beaten very well; then strain it through a Hair-sieve, and sweeten it to your Pallet with fine Loaf-sugar, and set it on the Fire, keeping it stirring all one way, till it be a thick Cream, then put it in small thin cream-bowls or Glasses, and souce it.

Orange-Cream.

You must use Orange-peel, and the Juice as directed in the Receipt for making Limon-Cream, only use Yolks of Eggs to thicken it, and a little Saffron, if the Colour be not deep enough.

Codling-Cream.

Take a dozen and half of fair Codlings, and codle them, then skin and core them, after this, beat them in a Mortar, then take three pints of Cream, and mix them well together, and strain it into a Dish, and mix it with Sugar, Sack, Musk and Rose-water, you may order any Fruit after the same manner if you please.

Whipt-Cream.

Take a quart of Milk and put it into an Earthen-pan, with a quarter of a pound of Sugar ; take also one pint of sweet Cream, which you must mingle with your Milk gradually, as you are whipping with your Rods ; take off the scum by degrees, and put it into a Dish after the form of a Pyramid.

Or thus, Take Milk and put it into a large Bowl or Bason, and whip it with Rods till it be as thick as the Cream that comes off the top of a Churn, then lay fine Linen Clouts on the Saucers, being wet, and lay on the Cream, and let it rest

two

two or three hours, then turn it into a Silver Dish with raw Cream, sugar it, and serve it up.

Clouted Cream.

Take three Gallons of new Milk, set it on the Fire till it boileth, make a hole in the middle of the Cream of the Milk, then take a pottle or three pints of very good Cream, put it into the hole you made in the middle of the Milk as it boileth, and let it boil together half an hour; then put it into three or four Milk pans, so let it stand two Days, if the Weather be not too hot, then take it up in Clouts with a Scummer or Slice, and put it in that which you will serve it in; if you like it seasoned, you may put some Rosewater between every Clout, as you lay one upon another with your slice in the Dish you mean to serve it in.

Red Curran Cream.

Bruise your Currans with a Ladleful or two of your Cream, being first boiled, then strain them, then put your strained stuff to the said Cream, but not before it be almost cold, and it will be purely red.

French Barley-Cream.

Take half a pound of good Peel barley, and wash it in fair Water, and set it upon the Fire to boil in a quart of new Milk,

put in two blades of Mace, and a little Cinnamon, let it boil till it is very tender, then strain the Milk through a Cullender, put to it a quart of good thick Cream, beat six Eggs, abating two of the Whites, with two spoonfuls of Rosewater or Orange-flower Water, and strain them through a Hair-sieve; then take a little of the Cream and Milk and mix with the Eggs, put in a little Salt, and sweeten it to your Taste, put in the Eggs, and stir it upon the Fire till it is scalding hot, but it must not boil; then put it out into China-Dishes, or Cream-Bowls, and eat it either hot or cold.

Quince-Cream.

Take a convenient quantity of Quinces, and when your Water boils, put them therein; when they are tender boil'd, take them up and peel them, strain them and mingle them with fine Sugar, then make it of a convenient thickness with sweet Cream, or you may boil the Cream with a flick of Cinnamon, but put it not to the Quinces till it be cold; in the same manner you may order Wardens or Pears.

Plumb-Cream.

It matters not what your Plumbs are, so they be fair; and put them into a Dish with some Sugar, White wine, Sack, Claret or Rosewater, close them up with Paste, and

and bake them ; then set them by to cool, and when they are cold, put in raw Cream, or that which is boild with Eggs ; scrape on Sugar.

To make Custards.

Take to a quart of Cream, ten Eggs, half a pound of Sugar, half a quarter of an ounce of Mace, half as much Ginger beaten very fine, and a spoonful of Salt, strain them through a Strainer, then, the Forms being finely dried in the Oven, fill them full on an even breadth, and bake them fair and white, draw them, and dish them on a Dish and Plate, then strow on them Biskets, red and white ; stick Muscadines, red and white, and scrape thereon double refined Sugar.

Gooseberry Custard.

Take as many Gooseberries as you please, boil them till they be soft, then take them out, and let them stand and cool, and drain them, draw them with your hand through a Canvas Strainer, then put in a litle Rosewater, Sugar, and three Whites, and stir them all together, put them in a Skillet, and stir them apace, else they will burn, let them stand and cool a little while, and take them off and put them in a Glasse

Almond-Custard.

Take two pound of Almonds, blanch and beat them very fine with Rosewater, then strain them with some two quarts of Cream, twenty Whites of Eggs, and a pound of double refined Sugar; make the Paste as aforesaid, and bake it in a mild Oven fine and white, garnish it as before, and scrape fine Sugar over all.

Cream-Custards.

Strain your Whey, and set it on the Fire, make a clear and gentle Fire under your Kettle; as they rise, put in Whey, so continuing till they are ready to scum; then take your Scummer, and put them on the bottom of a Hair-sieve, so let them drain till they are cold; then take them off, and put them into a Bason, and beat them with two or three spoonfuls of Cream and Sugar.

Short and Crisp Crust for Tarts and Pyes.

To half a peck of Flour, take a pound and half of Butter, in this manner; Put your Butter with at least three quarts of cold Water (it imports not how much or how little the Water is) into a little Kettle to melt, and boil gently; as soon as it is melted, scum off the Butter with a Ladle, pouring it by Ladlefuls, (one a little after another, as you knead it with the Flour)

to

to some of the Flour, which you take not all at once, that you may the better discern how much Liquor is needful, and work it very well into Paste; when all your Butter is kneaded, with as much of the Flour as serves to make Paste of a fitting Consistence, take off the Water that the Butter was melted in, so much as to make the rest of the Flour into Paste of due consistence; then join it to the Paste made with Butter, and work them both very well together; of this make your Covers and Coffins thin: If you are to make more Paste for more Tarts or Pyes, the Water that hath already served, will serve again better than fresh.

To make Goose-Pyes, and such of thick Crust.

You must put at least two pound of Butter to half a Peck of Flour; put no more Salt to your Paste than what is in the Butter, which must be the best new Butter that is sold in the Market.

To make Almond-Butter to look white.

Take about two quarts of Water, the bottom of a Manchet, a blade or two of Mace, and, and boil them together a quarter of an hour; then let it be cold, then take a pound of sweet Almonds, and blanch them, and beat them with four or five spoonfuls of Rosewater till they are very

fine, then put them into the boiled Water, and stir it well together, and strain it thro' a Hair-sieve, then put it into a Preserving-pan, and make it just ready to boil; then take the Juice of half a large Limon and put in it, but stir it very well, and when you see it ready to turn, take it off from the Fire, and take a fine Napkin, and pour it all over the Napkin, then scrape it all together with a Spoon, and tie it hard with a Thred, and let it hang in the cool till the Morrow, then sweeten it to your Pallet, and if you please, you may perfume it with Ambergrease, and serve it up to the Table.

To make Balmanger.

Take to a quart of fine Flour a quarter of a pound of Butter, a quarter of a pound of Sugar, a little Saffron, Rosewater, a little beaten Cinnamon, and the Yolk of an Egg or two, work up all cold together with a little Almond-milk.

Balmanger another way.

Boil or roast a Capon, mince it, and stamp it with Almond Paste, and strain it either with Capon-Broth, Cream, Goats-milk, or other Milk, strain them with some Rice-flour. Sugar and Rose water, boil it in a Pan like Pap, with a little Musk, and stir it continually in the boiling, then put it in the Forms of Paste.

To.

To make your Paste for the Forms, Take to a quart of Flour, a quarter of a pound of Butter, and the Yolks of four Eggs ; boil your Butter in fair Water, and put the Yolks of the Eggs on one side of your Dish, make up your Paste quick, not too dry, and make it stiff.

My Lady Barclay's sweet Meats of Apples.

My Lady Barclay makes her fine Apple-Gelly with Slices of John Apples : Sometimes she mingles a few Pippins with the Johns, to make the Gelly ; but she likes best the Johns single, and the cooler is paler : First, fill the Glass with Slices cut round-wise, and then pour the Gelly into it to fill up the Vacancies : The Gelly must be boiled to a good stiffness, then when it is ready to take from the Fire, put in some Juice of Limon, and of Oranges if you like it ; but these must not boil ; yet it must stand awhile upon the Fire stewing in good heat, to have the Juices incorporate and penetrate well ; Ambergrease doth well in this Sweet-meat ; Gelly and slices of Golden Pippins, made as of John Apples and Pippins, are exceeding good

Gelly of Quinces by Sir K — D —

The Quinces being very ripe, and having been long gathered, I took twelve Quinces in quarters, and the Juice of sixteen others

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which,

which made two pound of Juice ; and I made a strong Decoction of about twenty four others, adding to these twenty four (to make the Decoction the stronger and more sinry the Cores and Parings of the twelve in quarters, and the Cores and Parings of the twenty four, and the Quinces sliced: All these boiled above an hour and an half in ten pints of Water, then I strained and pressed out the Decoction, and had between four and five pounds of strong Decoction ; to the Decoction and Syrup I put three pounds of fine Sugar, which being dissolved and scum'd, I put in the quarters, often turning them, and in near three quarters of an hour it was enough ; when it was cold, it was store of firm, clear, red Gelly, and the quarters very tender and well penetrated with the Sugar: I found by this making, that the Juice of Quinces is not so good to make Jelly ; it maketh it sometimes running like Syrup.

To make the Cordial Restorative Jelly.

Take a pound and half of the best rasped Harts-Horn, and put it into a large Pipkin, and put to it a Gallon or five quarts of Spring-water, a pound of Eringo-roots, blanch'd and beaten in a wooden or stone Mortar, but beat them not much more than to bruise them, that the Goodness may
boil

boil out of them ; take also four Ounces of China roots, and cut them in very thin slices, and put into the Pipkin, and set the Pipkin on a gentle Charcoal Fire, and let it boil gently five or six hours, till about two thirds of the Water is boiled away ; then take it off the Fire, and strain it through a Hair-sieve, then take three pints of Wine, the one half Canary, and the other half White-wine, and the Whites of ten Eggs, beat the Wine and Eggs very well together with a white Whisk, and have the Pipkin cleaned, and the Liquor almost cold, and put the Wine and that all together in the Pipkin, and stir it well together ; then put to it a quarter of an ounce of Cinnamon, a large Nutmeg cut in large bits, the Juice of two Limons, and the Peel of above half a Limon, and as much of Orange-peel pared very thin ; also the Juice of two Oranges, and a pound of double refined Sugar ; let this boil upon a gentle Fire about half an hour, then strain it through a Jelly-bag, till it is fine and clear ; let it be strained into a China-Bason, or a fine Earthen-Bason, and near the Fire, that it may not grow cold in the Bag ; this Jelly may be eat cold, or warm'd in a Porringer and drank warm, and is a very great Restorative.

Chrystal

Chrystal Jelly.

Take three pair of Calves feet, and two Knuckles of Veal, wash them very well, and let them stand twelve Hours in Water, then boil them in Spring-water from five Quarts to a Gallon; after this, let the Liquor stand, and when it is cold, pare away the bottom and top, then put to it some Rosewater, double refined Sugar, seven spoonfuls of Oil of Ginger, four spoonfuls of Oil of Nutmeg, a Grain and an half of Musk tied in a fine Linen cloth, when you have boiled all these together, put it into an Earthen Dish, and so let it stand for your use; when it is cold, serve it in slices or otherwise.

The Queen's preserving Woman's fine white Gelly of Quinces.

Take Quinces newly from the Tree, wipe them clean, and boil them whole in a large Quantity of Water, the more the better, till the Quinces Crack and are soft; then press out their Juice hard, but so, that only the Liquor run out, but none of the Pap; take three pound of this strained Liquor, being settled, and one pound of fine Sugar, and boil them up to a Jelly, with a moderate Fire; they may require near an hours boiling to come to a Jelly, the Tryal of that is, to take a thin Plate and

and wet it with fair Water, and drop a little of it upon the wet Plate; if it stick to the Plate, it is not enough, but if it falls off (when you stop the Plate) without sticking at all to it, then is it enough; then put into it flat, shallow Tin Forms, first melted with cold Water, and let it stand in them four or five hours; then reverse the Plates that it may shale and fall out, and so put the Parcels up in Boxes.

Jelly of Red Currans.

Set them over the Fire, that their Juice may sweat out; pressing them all the while with the back of your preserving Spoon, to squeeze out of them all that is good; when you see all is out, strain the Liquor from them, and let them stand to settle for five hours, that the gross Matter may sink to the bottom; then take the pure Clear, and to every pint of it, put three quarters of a pound of fine Sugar, and boil them up with a quick Fire, till they come to a Jelly-height (which will be in less than a quarter of an hour) which you may try with a drop upon a Plate; then take it off, and when it is cold enough, put it into a Glas; you must be careful to scum it well in due time, the thick settling will serve to add to the Marmalade of Cherries, or the like.

Jelly

Jelly of Raspisses.

First, strain your Raspisses, and to every quart of Juice, add a pound and an half of Sugar, pick out some of the fairest, and having strewed Sugar in the bottom of the Skiller, lay them in one by one; then put the Juice upon them with some Sugar, reserving some to put in when they boil; let them boil apace, and add Sugar continually, till they are enough.

Jelly of Oranges.

Shave your Oranges thin, quarter them, and lay them in Water three Days, shift them twice a Day, then boil them very tender in several Waters till the Bitterness be gone; having dried them with a Cloth, cut them into thin Slices cross the Quarters, then take their weight of fine Sugar, fill a pint of Juice of John Apples and Spring-water, strong of the Apples as you can make it, then mingle the sliced Oranges and Liquor together, your Sugar being finely beaten and wet with Water, boil it a while, scum it, and put the Oranges and Apple-Liquor into it, boil it till it be ready to Jelly; then put in the Juice of four Oranges and Limons together, boil it a little after this, and add to it if you think fit a little Musk and Ambergrease tied in a Tiffany-Rag.

Hart's-

Hart's horn Jelly.

Take half a pound of Hart's horn, boil it in fair Spring-water leisurely, close covered, and in a well-glazed Pipkin that will contain a Gallon, boil it till a spoonful will stand stiff, being cold, then strain it through a fine thick Canvas or fine Boultering, and put it again into another lesser Pipkin, with the Juice of eight or nine good large Limons, a pound and half of double refined Sugar, and boil it again a little while, then put it in a Gally-Pot, or small Glasses, or cast it into Molds, or any Fashions of other Jellies; it is held by the Physicians for a special Cordial.

Or take half a pound of Hart's horn grated, and a good Capon, being finely cleansed and soaked from the Blood, and the Fat taken off, truss it, and boil it in a Pot or Pipkin with the Hart's-horn, in fair Spring-water, the same things as the former.

The Queen's preserving Woman makes her Apples in Jelly, thus:

Cut your Apples into quarters (either pared or unpared) boil them in a sufficient quantity of Water, till it be very strong of the Apples, take the clear Liquor, and put to it sufficient Sugar to make Jelly, and the slices of Apples; so boil them all together till the Slices be enough, and the Liquor Jelly;

Jelly ; or you may boil the Slices in Apple Liquor, without Sugar, and make Jelly of other Liquor, and put the Slices into it when it is Jelly, and they be sufficiently boiled either way, you must at the last put some Juice of Limon to it, and Amber and Musk if you will : you may do it with halves and quartered Apples, in deep Glasses, with store of Jelly about them : To have these clear, take the pieces out of the Jelly they are boiled in with a Slice, so as you may have all the Rags run from them, and then put neat clean pieces into clear Jelly : The other Jelly is as good to eat, and will serve as well for Glasses, in which you stand not so much upon the outward Beauty.

Jellies of all sorts of Fruit.

Take any sort of Fruit you please, and cut it into pieces, and boil it in Water, either more or less, according as your Fruits are in hardness or softness, and when they are boiled strain them through a clean strong Napkin, and get as much Decoction from them as you can, and put this Decoction in a Skillet or Preserving-pan, with almost a quart of Water and a pound of Sugar ; let all this boil well together till your Jelly be made ; which you may know by taking a little of it into a Spoon, and
pour

pour it out, and if it falls in pieces, and not runs nor ropes, then it is made; or if you put it upon a Plate, and it doth not run, then it is enough; and when it is thus boiled, take it from the Fire, and put it out.

And you are to take notice by the way, that all sorts of red and green Jellies are to be boiled up on a soft Fire, and close covered up in the boiling; but the white must be boiled uncovered upon a quick Fire; and withal, more Sugar to Quinces than to any Fruit else whatsoever.

Excellent Marmalet of Pippins.

Take the quickest Pippins when they are newly gathered, and are sharp, pare and core and cut them into half-quarters, put to them their weight of the finest Sugar, in Powder, put them into the Preserving-pan, and pour upon them as much Fountain-water as will even cover them, boil them with a quick fire, till by trying a little upon a Plate, you find it gellyeth when it is cold; then take it from the Fire, and put into it a little of the Rhind of Limon rasped very small, and a little of the yellow Rhind of Oranges, boiled tender (casting away the first Water to correct their Bitterness) and cut into narrow Slices (as in the Jelly of Pippins) and break the Apples with the back of the Preserving spoon whilst

whilst it cooleth; if you like them sharper, you may put in a little Juice of Limons a little before you take the Pan from the Fire: when it is cold, then put it into Pots; this will keep a Year or two; this is the Juice of Apples strained out of the Rasped Apples in such sort as you make Marmaliet of Quinces, with the Juice of Quinces, would not be better than fair Water, to boil your Apples and Sugar in.

To preserve green Apricocks.

Take green Apricocks when they be small and tender, peel them and put them in hot Water, but let them not boil; let them lie there till they begin to be green, then take them out and put them into cold Water, then boil your Sugar *a lisse*, and let your Apricocks run a little the Water from them, then put them into the Sugar, and let them boil till your Syrup be boil'd *a la perle*, after this, put them into an Earthen-pan, and let them stand eight Days, and at the end of eight Days, put them into your Preserving-pan again, and make them boil again till your Syrup be returned *a la perle* again, then put them once more into an Earthen-Pan, and let them stand till they are cold, then take them out of their Syrup, and lay them upon your Ardoise, and dry them in your Stove, but

turn

turn them often till they be dry, and when they are dry, put them into Boxes upon Paper, but so as they may not touch one another.

And for your dry Apricocks, set them a running from their Syrup, and turn them in oreillier or in round; sprinkle Sugar in Powder over them, to dry in your Stove.

To preserve Fruit Green.

Take Pippins, Apricocks, Pear-Plumbs or Peaches when they are green, scald them in hot Water, and peel them or scrape them, put them into another Water, not so hot as the first; then boil them very tender, take the weight of them in Sugar, put to it as much Water as will make a Syrup to cover them; then boil them somewhat leisurely, and take them up; then boil the Syrup till it be somewhat thick, that it will stick on a Dish-side, and when they are cold, put them together.

To candy Eryngo-Roots.

Take your Eryngo-Roots and boil them reasonable tender, then peel them and pith them, then lay them together, then take so much Sugar as they weigh, and put it into a Posnet with as much Rosewater as will melt it; then put in your Roots, and so let it boil very softly, untill the Sugar be consumed into the Roots, then take them
and

and turn them, and shake them till the Sugar be dryed up, and then lay them a drying upon a Lettice of Wyer until they be cold; in like sort, you may candy any other Roots, which you please.

An approved Conserve for a Cough, or Consumption of the Lungs.

Take a pound of Elicampane-roots, draw out the Pith, and boil them in two Waters, till they be soft, when it is cold, put to it the like quantity of the Pap or roasted Pippins, and three times their weight of brown Sugar-candy beaten to Powder; stamp these in a Mortar to a Conserve, whereof take every Morning fasting as much as a Walnut for a Week or a Fortnight together, and afterwards but three times a Week: Approved.

To dry any Fruit after they are preserved, or Candy them.

Take Pippins, Pears or Plumbs, and wash them out in warm Water from the Syrup they are preserved in, strow them over with searced Sugar, as you would do Flour upon Fish to fry them; set them in a broad Earthen-pan, that they may lie one by one; then set them in a warm Oven or Stove to dry; if you will candy them withal, you must strow on Sugar three or four times in the drying.

To

To Candy Flowers for Sallets, as Violets, Cowslips, Clove-gilli-flowers, Roses, Primroses, Burrage, Bugloss.

Take weight for weight of Sugar-candy, or double refined Sugar, being beaten fine and searced, and put into a Dish with a little Rosewater, set them over the Fire, and stir them with a Silver Spoon, till they be candied, or boil them in a Candy height Syrup, till you perceive they will candy. keep them in a dry Place for use, and when you use them for Sallets, you may, strow them upon your Sallets at your Pleasure, or put a little Vinegar to them, and dish them to the Table.

Preserved Quinces made by Sir K — D —, and set down by himself.

When I made Quinces with Jelly, I used the first time these Proportions ; Of the decoction of Quinces three pound, of Sugar one pound three quarters, Flesh of Quinces two pound and half ; the second Time, these ; Of Decoction two pound and a half, Sugar two pound and a quarter, of Flesh two pounds and three quarters : I made the Decoction, by boiling gently each time fourteen Quinces in a pottle of Water, an hour and half, or two hours ; so that the Decoction was very strong of the Quinces : I boiled the Parings

rings with all the Substance of the Quinces in thick slices, and part of the Cores (excepting all the Kernels) and then let it run through a loose Napkin, pressing gently with two Plates, that all the Decoction might come out, but be clear without any Flesh or Mash: The first making, I intended should be red, and therefore both the Decoction and the whole were boiled covered, and it proved a fine clear Red. This boiled above an hour, when all was in: the other boiled not above half an hour, always uncovered; (as also in making his Decoction) and the Gelly was of a fine pale Yellow, I first put in the Sugar upon the Fire with the Decoction, and as soon as it was dissolved, I put in the Flesh in quarters and halves, and turned the pieces of them in the Pan, else the bottom of such as lay long unturned, would be of a deeper Colour than the upper part. The Flesh was very tender and good, I put some of the pieces into Jarr-glasses, (carefully not breaking them) and then poured Jelly upon them; then more pieces, then more Jelly, &c. all having stood a while to cool a little.

White Marmalet of Quinces, the Queen's-way.

Take a pound and half of Flesh of Quinces sliced, one pound of Sugar, and one

one pound of a Decoction made very strong, of Quinces boiled in fair Water, boil these with a pretty quick Fire, till they be enough, and that you find it Gellieth, then proceed as in Sir K ——— D ——— way.

Ripe Apricocks in liquid.

Take and peel or pare what quantity of ripe Apricocks you please, as neatly as you can, then make your Water boil, and put in your Apricocks, and let them have one boil, and so take them out and put them into cold Water, and take them out again, and let them drain, then boil your Sugar as you do for a Preserve, and so put in your Apricocks, and give them a boil or two, and so set them into your Stove, and let them stand till the Morrow Morning, keeping a little Fire always under them.

Green Almonds are done the same way also, only they must be scoured in hot Water and Sand, or else in hot Water only.

And green Gooseberries are done the same way also ; but they are not to be scoured, but the Seeds must be taken out.

To do Cherries liquid, without Stones.

Take good preserving Cherries that are ripe, take away their Stalks and Stones, and boil Sugar *a Soufle*, and put your Cherries in to it, and make them boil a good
pace

pace over a good Fire, and scum them very carefully; this done, take them from the Fire, and let them stand and cool, then set them over a good Fire again, and make them boil apace; then take them off again, and scum them if it be needful, and so put them into Pots, and cover them up when they are cold.

To preserve Rasberries in Liqueur.

Take good Rasberries that are not two ripe, but very whole, take away their Stalks, and put them into a Flat-bottom'd Earthen-pan, boil Sugar *a Soufle*, and pour it over your Rasberries, and let them stand to be cool, and when they are cold, pour them softly into your Preserving Pan, and let them boil till their Syrup be boiled *a la perle*, scum them very well in the boiling; this done, put them up in Pots, and when they are cold, cover them up, and keep them for your use.

To candy Barberries.

First preserve them, then dip them quickly into warm Water, to wash off the ropy Syrup, then strew them over with seared Sugar, and set them into an Oven or Stove three or four hours, always turning them, and casting more fine Sugar upon them, and never suffer them to be cold till they be dried, and begin to look like Diamonds.

To

To make Apricock-Wine.

TAKE three Pound of Sugar, and three Quarts of fair Water, let them boil together, and take off the Scum when it riseth; put in six Pound of Apricocks, par'd and ston'd; let them boil till they are very tender; then take them off the Fire, and let them stand till almost quite cold, then take up the Apricocks and strain the Liquor, and when it is quite cold, put it in Bottles, you may put in a Sprig or Two of flowered Clary, which gives a good Flavour: When the Apricocks are taken up, they will serve to make Tarts for your Table.

To make Cherry-Wine.

Take twenty four Pound of the best ripe Cherries, bruise them well, that all their Juice may issue forth (if you also break the Stones, the Wine will have a bitterness, not ungrateful) Let them continue so to ferment twelve Hours (which will give the Wine a deep Colour, by fermenting upon the Skins) then let them run through an Hippocras or Gelly-bag, putting the whole Mash into the Bag. In the Vessel that the Liquor runneth into, put one Pound of the best double refined Loaf Sugar in subtile Powder, which will be melted by the Liquor; then put it into Bottles, filling
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them up above half way their Necks, within a good Inch of the Corks This will keep a Year or more, and be exceeding pleasant and stomachical, and will have no Dregs in it, and be of a pure deep Claret colour; multiply this quantity, keeping the Proportion of Sugar, as much as you will. This Quantity will make above six Quarts of Wine; it is the running through the Bag, that makes it so clear. I should like to put it into Barrels after it is *biercore*, to let it ferment more there; I think less Sugar would serve the turn.

The Lady *Newport* makes it near after the same manner; But she first picks the Stones as well as the Stalks from the Cherries, then breaks them very Well with Hands or Ladle, and after twelve Hours fermenting together, strains them through a Napkin, wringing it very well, to press all out that can come; which, she putteth into Barrels to ferment with Sugar; and after a long time settling, draws it into Bottles; it will draw well to the last, if you drink it out of the Barrel without bottling.

Curran Wine, *to cool the Liver, and cleanse the Blood.*

Take a Pound of the best Currans clean picked, and pour upon them in a deep strait-mouth'd Earthen Vessel, six Pounds

or Pints of hot Water, in which you have dissolved three Spoonfuls of the purest and newest Ale-Yeast; stop it very close till it ferment, then give such vent as is necessary, and keep it warm, for about three Days it will work and ferment: Taste it after two Days, to see if it be grown to your liking; as soon as you find it so, let it run through a Strainer, to leave behind all the exhausted Currans and the Yeast, and so bottle it up; it will be exceeding quick and pleasant, and is admirable good to cool the Liver, and cleanse the Blood; it will be ready to drink in five or six Days after it is bottled, and you may safely drink large Draughts of it.

To make Gooseberry-Wine the best Way.

Take to every three pound of Fruit one pound of Sugar, and a quart of fair Water; boil your Water very well, but you must put the foresaid quantity when it is boiled, bruise the Fruit and steep it twenty four hours in the Water, stir it sometimes, then strain it off, and put the Sugar to it, then put it into a Rundlet, and stop it; let it stand a Fortnight or three Weeks in a cool Cellar, then draw it into Bottles, and cork it well, and tie down the Corks, let it stand a Month or two, then it will be fit to drink.

In the same manner make Currans and Raspberry-wine.

To make Cowslip-Wine.

Take four gallons of Water, six pound of Sugar, boil your Water and Sugar very well together for the space of one hour, having put into it the Whites of six Eggs, well beaten with a white Whisk, in a gallon of the Water, when cold, scum it as the scum riseth, then put it into an Earthen Pot, and take half a Bushel of Cowslip-flowers clean pick'd, and beat them in a Mortar, and put them into the Liquor, the next Morning strain them from the Liquor, and squeeze them very hard; then take a pint of the best Ale yeast and put it in, and when it begins to work, spread on both sides a large Toast very well toasted, some of the Yeast, and put it in; then put in two Bottles of Canary, and one Bottle of Rhenish-wine, and the Juice of three Limons; afterwards let it work a Day and a Night, being close cover'd; then strain all out, and put it into a Rundlet, and stop it close, and after a Month, it will be fit to bottle, then draw it into Bottles, and put to it a lump of Sugar in each Bottle, if you please it will keep all the Year.

My Lord Hollis's Way to make Hydromel.

In four parts of Spring-Water, dissolve
one

one part of Honey, or so much as the Liquor will bear an Egg *boyant* to the breadth of a Groat; then boil it very well, and let all the Scum be taken away; he addeth nothing to it but a small Proportion of Ginger sliced, of which he putteth half to boil in the Liquor after all the Scum is gone, and the other half he putteth into a Bag, and hangeth in the Bung when it is tunn'd; the Ginger must be very little, not so much as to make the Liquor taste strongly of it, but to quicken it: I should like to add a little proportion of Rosemary, and a greater of sweet Briar-leaves in the boiling; as also, to put into the Barrel a Toast of white Bread, with Mustard to make it work; he puts nothing to it, but its own strength in time makes it work of it self: It is good to drink after a Year.

To make Quince-Wine.

Pare your Quinces, and slice them very thin, Cores and all, then weigh them, and put them into a Rundlet, with a Tap-hole in it, and to every ten pound of Quinces, put a Gallon of well boil'd Water boiling hot, stop it close, and stir it well together once a day; then stop it again for ten or twelve Days; then draw it off, and to every gallon of Liquor, put a pound of Loaf-sugar, and when it is well dissolved,

tun it up into the Rundlet again ; if you can, let the Rundlet be full that you keep it in. Let it be stop'd very close, and about a Month or six Weeks after, bottle it off, and keep it for your use.

To make Damsin-Wine.

Dry your Damsins in an Oven, after you have drawn your Bread, then to every quart of Damsins put three quarts of fair Water, but first boil it very well, put your Water and Damsins into a Rundlet together, and let it stand fifteen Days, then draw it off into Bottles, and in every Bottle put a lump of Sugar, and in a Month or six Weeks it will be fit to be drank ; when you drink it, you may sweeten it to your Pallet.

To make Syder.

Take a peck of Apples and slice them, and boil them in a Barrel of Water till the third part be wasted ; then cool your Water as you do for Wort, when it is cooled, you must pour the Water upon three Measures of grownd Apples ; then drain out the Water at a Tap three or four times a Day for three Days together ; then press out the Liquor, and tun it up ; when it hath done working, stop it up close.

A most Precious Cosmetick, or Beautifying Water.

Take white Lilies six Drams, Florence-Orrice Roots, Beans, Cicers, Lupins, of each

each half an ounce, fresh Bean-flowers a handful, Gum Tragant, white Lead, fine Sugar, of each an ounce, Crums of white Bread, steeped in Milk, an Ounce, Frankincense and Gum-Arabick, of each two Drams, Borax and fether'd Allom, of each two Drams, the white of an Egg, Camphire, a dram and a half ; infuse them four and twenty hours in a sufficient quantity of Rose and Bean-flour Water, equal parts ; then distill it in B. M.

This Water smooths, whitens, beautifies and preserves the Complexion of Ladies. They may wash their Faces with it at any time, but especially Morning and Evening.

A Cosmetick Water used by the Queen.

Take the Whites of two new-laid Eggs, beat the Shells of them to Powder, and put them in a quart Bottle, with the Whites, and let them be beaten together for three hours ; then put into it four ounces of burnt Allum, in fine Powder, beat it two hours longer ; then put into it three ounces of white Sugar-candy in Powder, and beat it also for two hours ; then put in it four ounces of Borax also in Powder, and beat it also ; then take a pint of Water that runs from under the Wheel of a Mill, and put into it four ounces of white Poppy-seeds
wel

well beaten, mix them well together, so that it be like Milk; then pour that into the quart Bottle with the other Things, at four several times, beating it every time the space of two hours, then strain it through a fine white Linen Cloth, and having put it into the Bottle again, let it be beaten for two or three hours longer; and to know when it is well made and well beaten, is, when it froths the breadth of three Fingers above it; it will keep a Year.

It is a very good Cosmetick, it whitens, smooths and softens the Skin; use it only three times a Week.

A Rare Cosmetick of Ox's-Gall.

Take two pints of Ox's-Galls, digest it twenty four hours in a bottle set in warm Water, then take Roch-Allom and Salt of Glass, or Sand powder'd, of each half an ounce, mix them with the Ox's-Gall, and put them together into a Matrafs, or in the same Bottle, stop it carefully, and set it in the Sun, shaking the Bottle three or four times a Day; then filtre it through gray Paper; then take one ounce of Purslane finely powder'd, dissolve it in Spirit of Vinegar, then take Borax and Spermaceti, of each half an ounce, Sugar-candy an ounce and half, Camphire and sweet Sublimate, of each one dram and a half, mix them all well

well together, and put them into the Bottle, stop it close, and set it in the Sun again for ten Days, and shake it often; then filtre it again, and keep the Liquor for Use.

This Preparation is highly esteem'd by all the Noble Ladies in *France*, for clearing the Face from Morpew, Freckles, and Sun-burning, and to defend it from Sun-burning: The Face must be washed with it Evening and Morning; and in the Morning you may wash it afterwards with Water of Lilies or Water-Lilies: You may travel in the Sun all day long with the Face anointed with it, and wash at Night to prevent burning; Mounseur Charras of the Royal Dispensatory.

Al-Milk, which is a rare Cosmetick, taking away Freckles and Morpew in the Face.

Take Water of Night-Shade, Lettice, Lilies and Sorrel, of each two ounces, mix them together, and dissolve therein one ounce of Litharge of Silver, white Cerufs three Drams, Camphire one Scruple, set it in the Sun for some Days, shaking it often; then let it settle and filtre, or strain it.

The Author recommends this highly, not only to beautifie and whiten the Face, but that it is of so smoothing a Nature, that it will

will make a wrinkled Brow smooth; it stops bleeding, and takes off Freckles, Morpew and Scabs.

To wash and prepare Night Gloves, to keep the Hands white, smooth and soft.

Take pure white Wax four pound, Sperma ceti two ounces, Oil of the greater cold Seeds, cleansed and drawn without Fire, and Magistery of Bismuth or Tinglass, of each three Drams, Borax and burnt Allom finely powdered, of each half a Dram, put them all into a Pipkin, which set in a Kettle of hot boiling Water, and when they are melted, stir them, and incorporate them; then, have your Gloves in several Waters, and dip them twelve hours in Cream, dip them in this Composition whilst it is hot.

The said Composition is good also to dip Cloths in, and spread them for to line Womens Masks; it preserves the Complexion of Ladies: The Ladies in *France* use it for both: It is also a good Cosmetick, anointing the Face with it at Night, going to Bed, washing it off in the Morning with some Cosmetick Water.

FINIS.